NEWSSTAND MAGAZINE OF THE YEAR 2024

AirFryer COOKBOOK

How to cook almost anything in your air fryer

ISSUE 11 **JANUARY 2025**

111 RECIPES & TIPS

Healthy New Year!

Create feel-good food that's packed with goodness...

Fall in love with your air fryer!

10 ways your air fryer can make your life easier every day

10 BEST VEG...

to cook in your air fryer

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Issue 11
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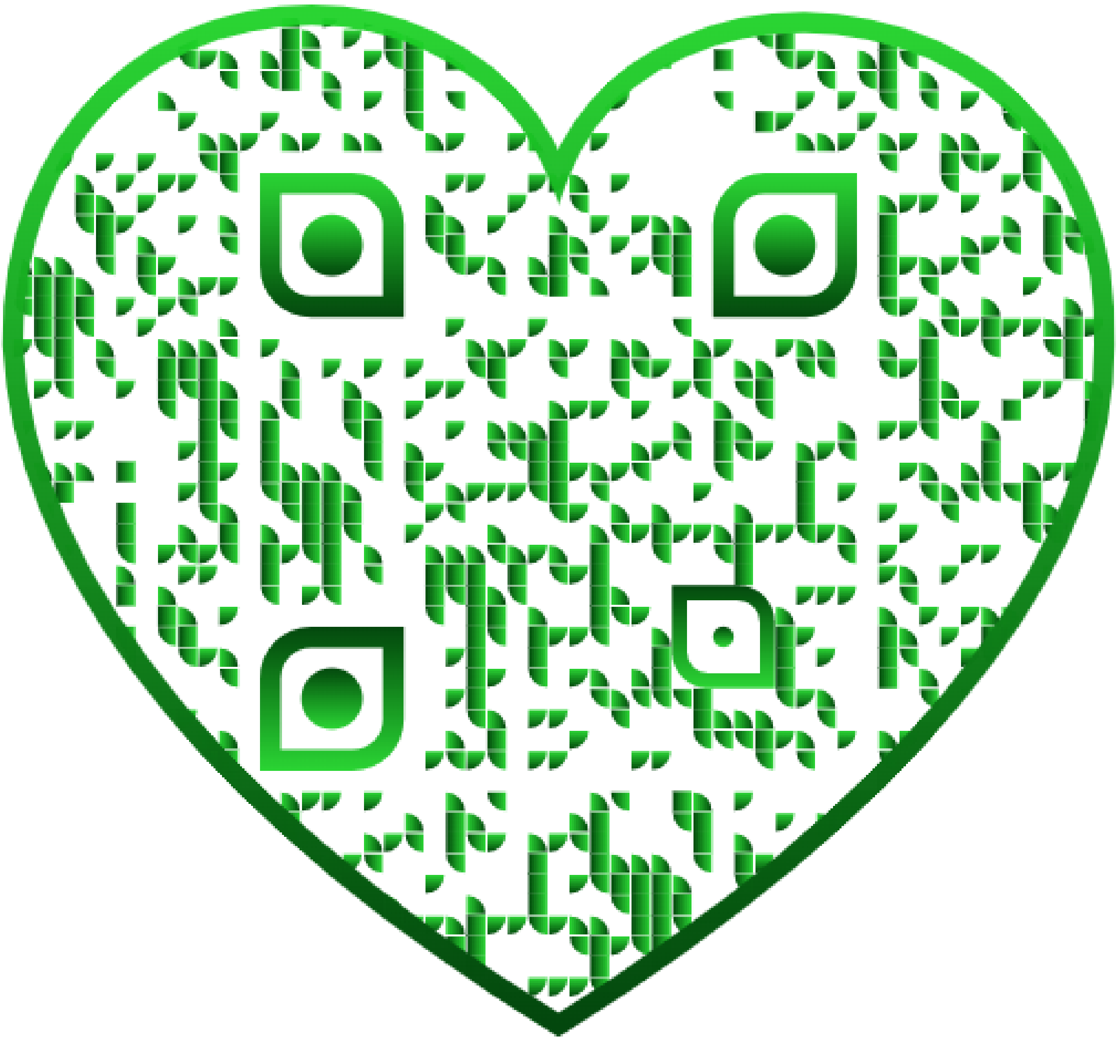
SUPERFOODS HIGH PROTEIN RECIPES BEAUTIFUL BOWLS MIDWEEK MEALS & MORE!



Welcome

Welcome to the latest *Air Fryer Cookbook* and one that will see in 2025 with a bang. This issue is, as always, packed full of fantastic seasonal recipes as well as handy hints and tips to get the most out of your air fryer. From beautiful bowls to protein-packed dishes, and from light lunches to mouthwatering sweet treats, we've got your cooking covered.

January can be a testing month for a multitude of reasons. Whether you are looking to start a new fitness programme, ditch a favourite go-to habit or start a completely new life-changing diet, there are going to be challenges along the way and hurdles to jump over. It can be daunting embarking on a personal regime change, where success is only gauged by end results, but you don't have to look at it like that. Sometimes success is determined by the effort you put in and simply 'doing your best'. We can't all be supermodels, tri-athletes or 24-hour clean-living individuals – life would be so dull if we were. So, if you fall off the first, or the last, rung of the ladder during your January endeavours, don't worry about it. Just climb back on and do what you can – there are no judges here! Happy New Year!

Nick

AirFryer
COOKBOOK
111
Healthy New Year!
10

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Healthy Eating was awarded Newsstand Magazine of The Year at the ACE Newspaper & Magazine Awards 2024.

We love...

Fall in love with your air fryer: If you're yet to get you Christmas air fryer out of the box, or are unsure of its full potential, discover the reasons why you'll never want to be without it **on page 8.**

Packed lunches: Make your air fryer a hero throughout the day with simple and tasty ideas to elevate your lunches-on-the-go **on page 98.**

Ten best veg: It's not only potatoes and battered chicken that tastes fantastic when cooked in an air fryer. Find out which vegetables cook amazingly well in your air fryer as well **on page 42.**

Looking for the latest products and accessories that work in your air fryer? Get some inspiration and ideas on page 97.

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AirFryer COOKBOOK

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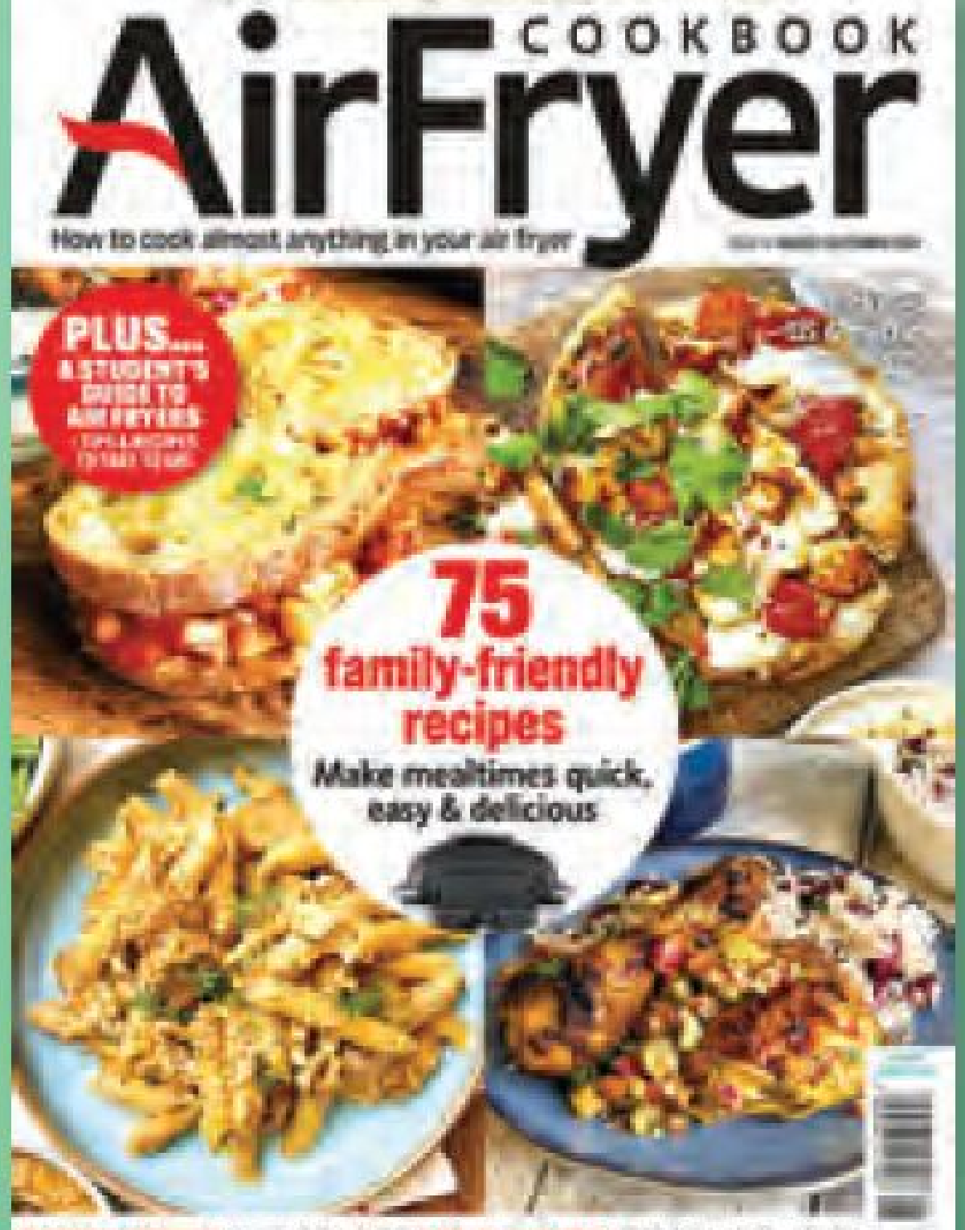
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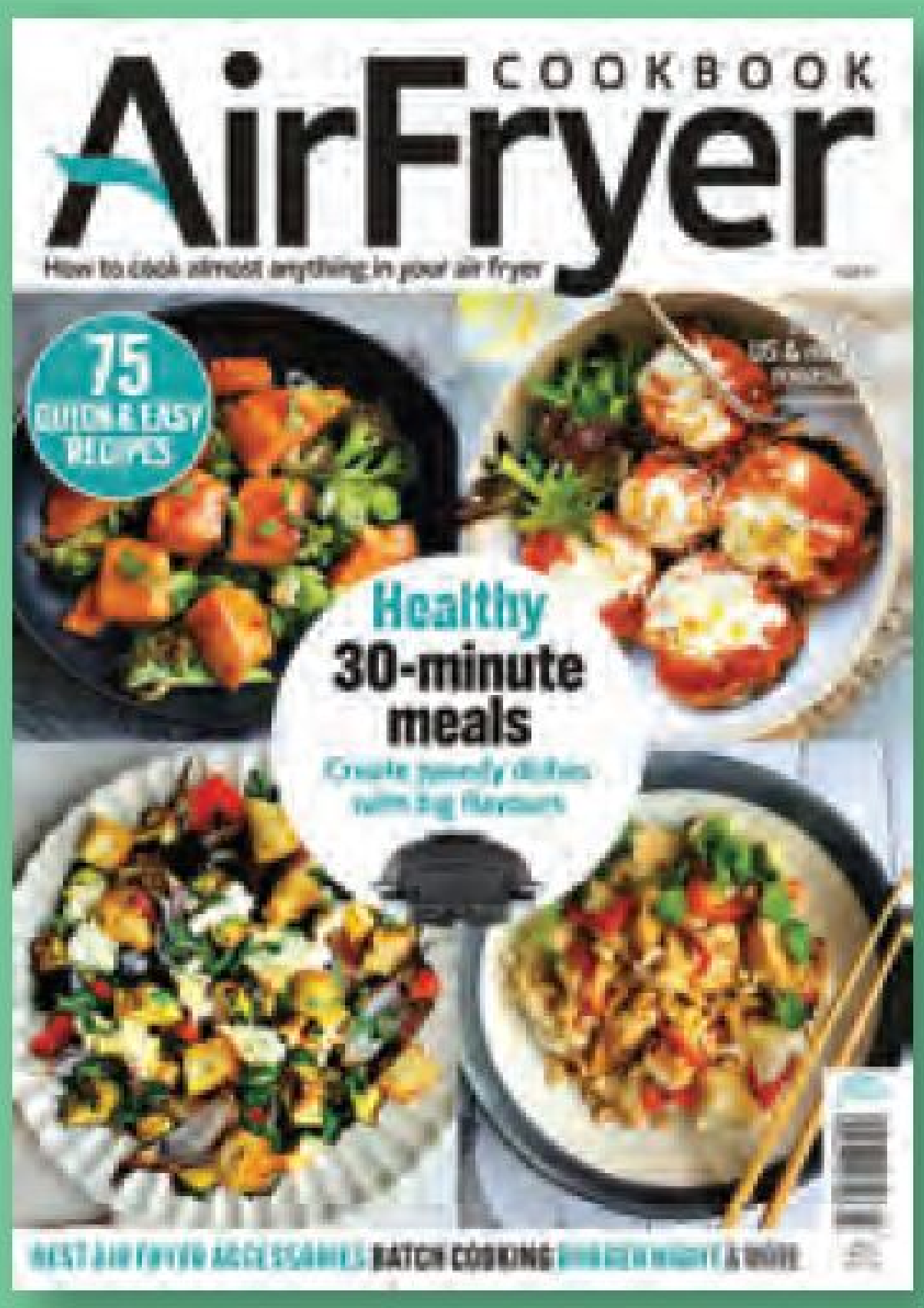
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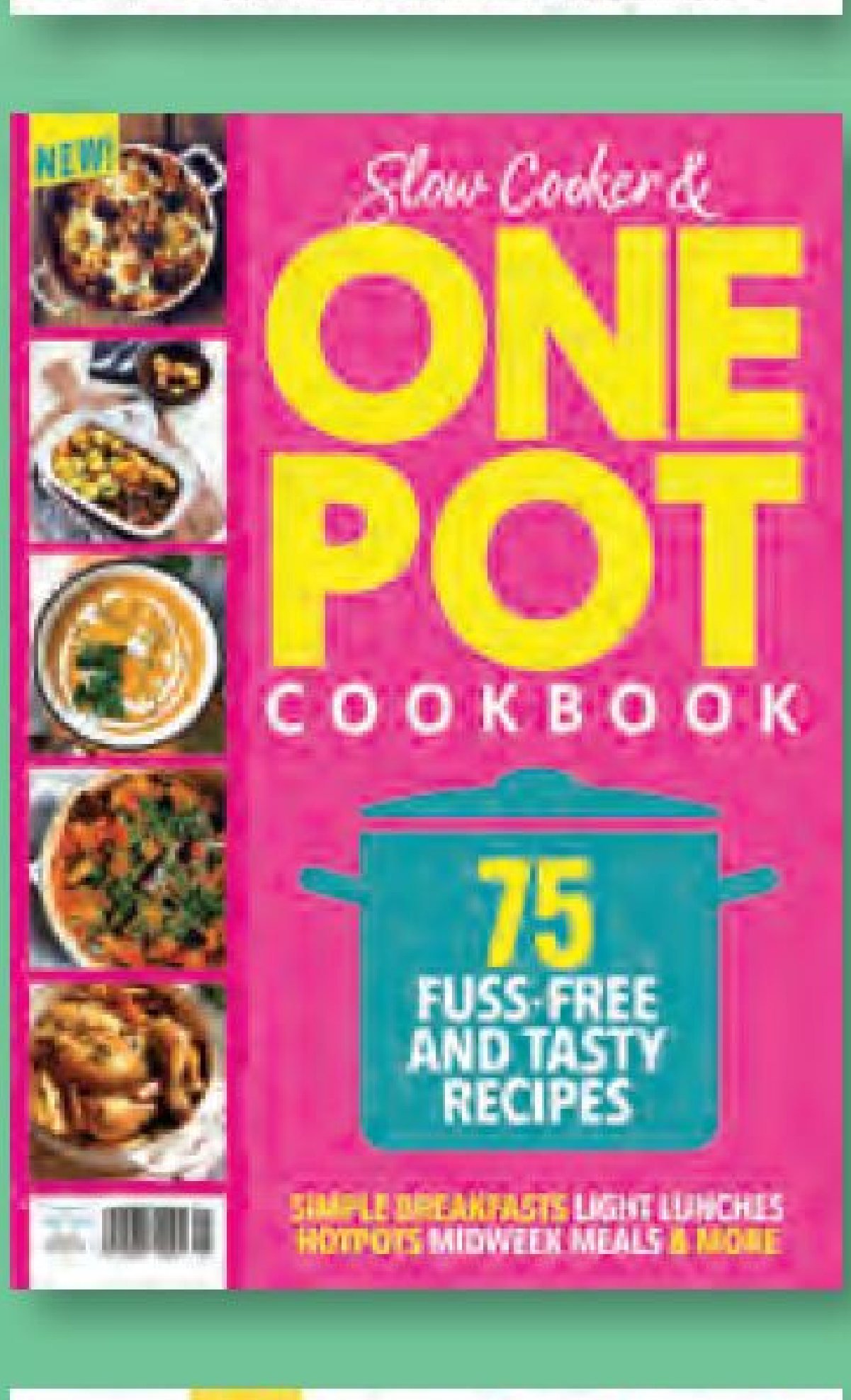
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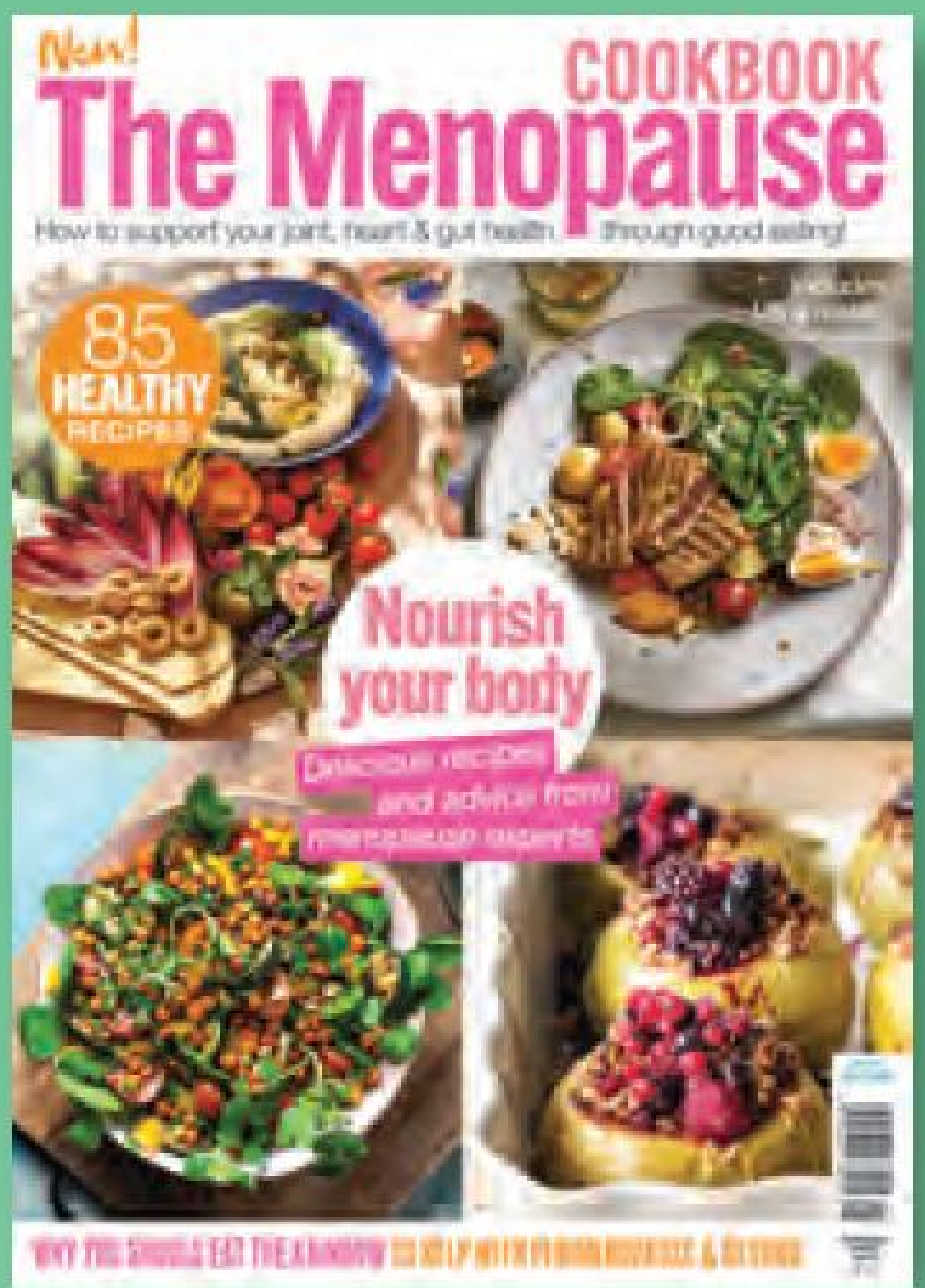
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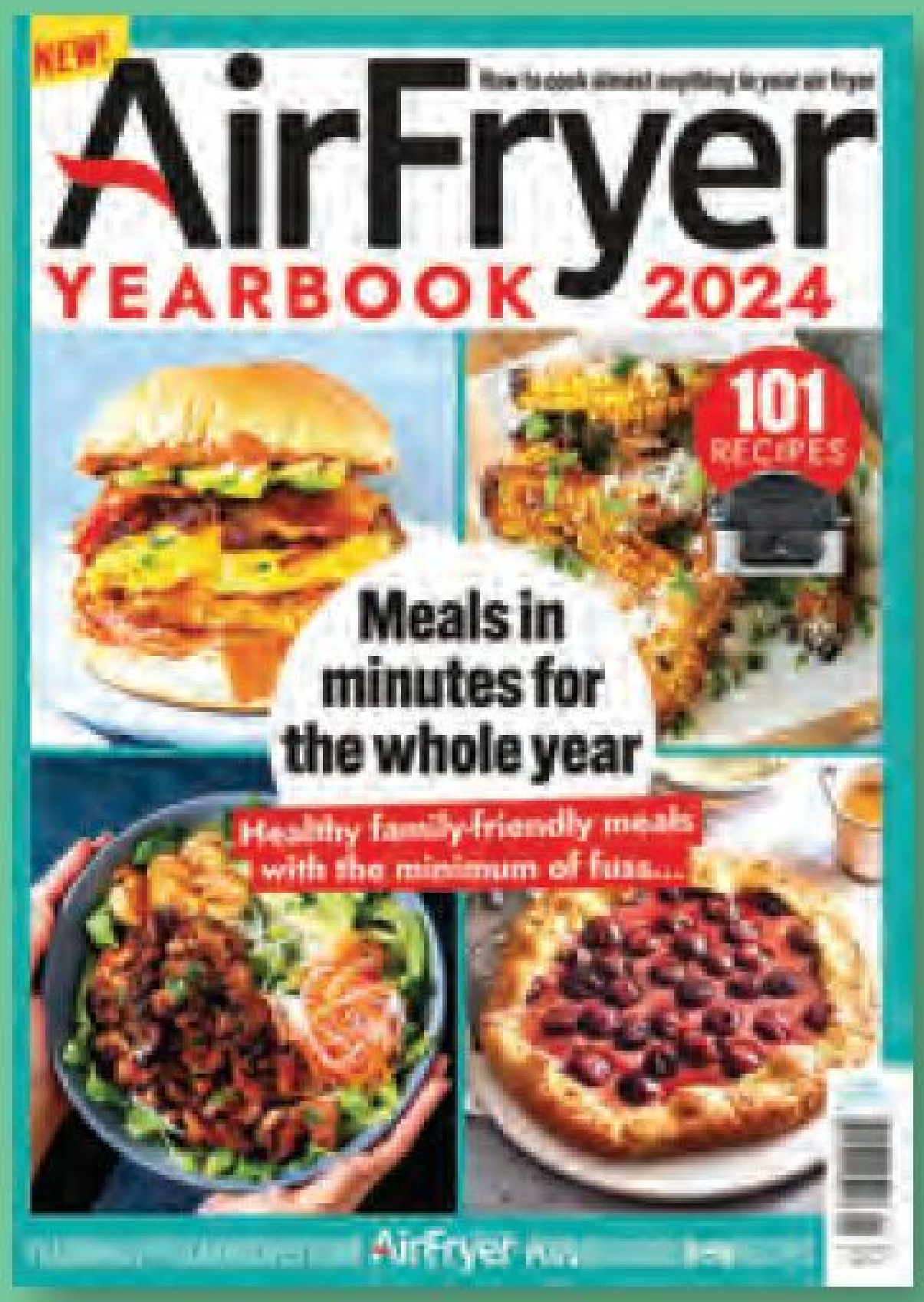
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10 reasons to FALL IN LOVE WITH YOUR AIR FRYER

Air fryer expert Sam Milner gives you plenty of good reasons to make the air fryer your go-to cooking instrument for everyday meals...

SO, YOU HAVE GOT YOURSELF A brand new air fryer, but you are not convinced about its potential despite how everyone you know is saying how amazing it is. You're just not in the air fryer team yet. I have been air frying since 2012, a time when there was just one brand out there. I saw the potential in making my favourite chips with a lot less oil and much faster. Fast forward 12 years and I am still just as in love with the air fryer as I was then. But they have got so much better now and, if you have not used yours yet and are not yet convinced it's for you, I have put together 10 of my favourite reasons to help change your mind.

1 IT COOKS CHICKEN like you have not experienced it before. I am not kidding, an air fryer is the best way to cook a whole chicken and you will not want to go back to how you cooked them before. Zero butter is required. The cooking time is less than half the oven method (with most chickens cooked in 45-60 minutes, depending on the size). You just need a little oil for the skin and your favourite seasoning. It's the moistest chicken ever and will stay stay that way in the fridge for a couple of days.

2 IT CRISPS UP food perfectly. I love the air fryer for how it crisps up your food. Because of how crispy the food gets, you think a lot of fat has been used to cook it, but you just need a little olive oil. You can test this out for yourself with some breaded food in the air fryer.

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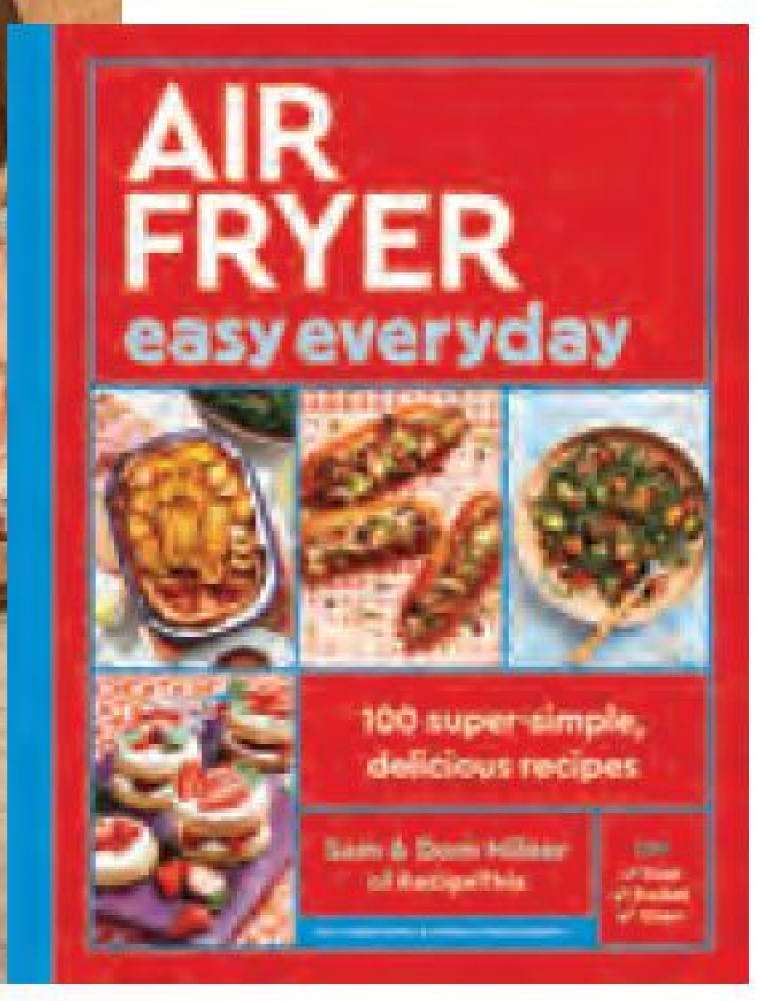


Sam and Dom Milner, founders of ***recipethis.com***, are the co-authors of ***Air Fryer Easy Every Day: 140 super-simple delicious recipes***, published by White Lion Publishing, £20.

3 THE HOMEMADE CHIPS are a life changer. You add chipped potatoes into a bowl with a small quantity of extra-virgin olive oil and seasonings of choice, then mix well with your hands. You then air fry them at two different temperatures until perfectly crispy. You would never think that they were made with such little oil, and it means if you are watching your calories you can enjoy chips as much as you like.

Above: GSDesign/stock.adobe.com

4 IT COOKS FOOD fast. When using the oven, you would par boil potatoes first because otherwise they would take forever. But you can have perfectly cooked roast potatoes in the air fryer with no par boiling in less than 30 minutes. The same is true for many other foods, and you can cook a full Sunday dinner in the air fryer in an hour.

Right: iStock.com/kajakiki, top right: fahrwasser/stock.adobe.com

5 IT REDUCES YOUR fat intake. It's like going on a diet without actually realising it. Food cooked in the air fryer needs a lot less fat compared to traditional cooking. For example, a batch of roast potatoes will only need a total of 2 tbsp extra-virgin olive oil. But you don't miss the extra fat. You will, in effect, be on an air fryer version of a low-fat diet.

6 IT'S PERFECT FOR those that don't like cooking. While there are plenty of us that love cooking, there are also plenty of people that are not so keen, or are not very good at it. Using an air fryer is so much easier compared to an oven or a pan. It's also good for improving your confidence when cooking meals.

Background: Graphic/stock.adobe.com

7 NO EFFORT ALL-IN-ONE air fryer meals. There is something special about loading up the air fryer with a few simple everyday ingredients and pressing start. You can do all-in-one meals by either mixing and matching ingredients or cooking the meat, potatoes and veg spread out in the air fryer. One of our favourites is the brunch bowl, where we add chopped veg and sausages into the air fryer and it creates a fantastic one pot, or I should say one air fryer meal.

Below: perfectloop/stock.adobe.com, left: iStock.com/rudisill

8 AN AIR FRYER is mobile. I have taken air fryers on holiday with me as they travel so well. They are perfect for a weekend away in a chalet or a lodge, while the smaller ones can be taken on the plane as hand luggage. This can then save you money on your holiday because you can keep your food costs down.

9 IT SAVES YOU on your energy bills. The air fryer appeals to many because of how cheap it is to run. The more you use it, in comparison to the oven, the more it will reduce your energy bills. We often compare our energy bills to those who don't cook with the air fryer and find ours is often half of the non air fryer home cooks. Also, it's not just about how much power they take up, but also that they often cook the food in half the time.

10 THE AIR FRYER has evolved so much over the years. When I look at how the air fryers worked in 2012 to now I am just amazed by how much they have evolved and how much better air frying has become. You have much bigger machines now so can cook more food at once, you can choose what air fryer style you want in your home and there are so many more options now that come as standard.

Left: edward_indy/stock.adobe.com

Those are of course, just 10 reasons to love your air fryer. I could mention a lot more, but just think about what food you like to cook and what a difference an air fryer would mean to you.

Rise and shine!

Breakfast RECIPES

Set the day up with a special treat to bring a spring to your step...

HOMEMADE GRANOLA - P15

Shakshuka egg bowls

Serves **4** | *Prep* **10 mins** | *Cook* **15-16 mins**

- 220g (8oz) cherry tomatoes, sliced
- 2 red peppers, chopped
- 1 small red onion, peeled, chopped
- 2 garlic cloves, peeled, sliced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 2 tbsp extra-virgin olive oil
- salt and freshly ground black pepper, to taste
- 4 free-range eggs
- 100g (1 cup) feta, crumbled
- fresh mint, chopped, to garnish
- toasted ciabatta slices, to serve

1. Preheat the air fryer to 180°C/360°F. In 1-2 heatproof dishes that fit inside your air fryer, combine the cherry tomatoes, red peppers, onion, garlic, cumin, smoked paprika, olive oil, salt and pepper. Stir to mix.
2. Place the dishes in the air fryer and cook for 8 minutes at 180°C/360°F until the vegetables are softened.
3. Remove the dishes from the air fryer and make four wells in the vegetable mixture. Crack an egg into each well, then sprinkle the top with crumbled feta.
4. Return the dishes to the air fryer and cook for an additional 7-8 minutes, or until the eggs are set to your liking.
5. Garnish with fresh mint and serve with toasted ciabatta slices.

PER SERVING:

Calories: **623,** Fat **37g,** Saturates **12.6g,** Carbohydrate **31.5g,** Sugars **9.9g,** Fibre **4g,** Protein **39.2g,** Salt **0.8g**

Recipe and photo © Stockfood, The Food Media Agency

Rye bread

Makes **16-18 slices** | *Prep* **20 mins** *plus resting and proving* | *Cook* **45 mins**

100g (½ cup) sourdough starter
100g (1 cup) wholemeal rye flour
80g (1 cup) sunflower seeds
200g (2 cups) light rye flour
150g (1¼ cups) wholemeal plain flour
7g fast-action dried yeast
1 tsp salt

1. Mix the sourdough starter with the wholemeal rye flour and 200ml (1 cup) water, cover, then let stand for 2 hours.
2. Pour 100ml (½ cup) water over the sunflower seeds in a bowl and let them soak.
3. Combine the sourdough and sunflower seeds mixtures in a bowl with the remaining flours, yeast and salt. Knead into a smooth dough. Add a little water if necessary. Cover and let rise in a warm place for about 1 hour.
4. Knead the dough well on a floured surface and shape it into an elongated loaf. Place it in a 20cm (8in) loaf tin, cover and leave to rise for another 30 minutes.
5. Preheat the air fryer to 200°C/400°F.
6. Place the loaf tin in the basket or on the rack of the air fryer. Brush the dough with water and cook for about 45 minutes until risen and golden. Remove from the tin and let it cool on a wire rack.

PER SLICE:

Calories: **130,** Fat **2.8g,** Saturates **0.3g,** Carbohydrate **22.6g,** Sugars **0.6g,** Fibre **3g,** Protein **4.5g,** Salt **0.2g**

Baked oats with plums

By Fern Green

Serves **4** | *Prep* **5 mins** | *Cook* **25-28 mins**

- 2 free-range eggs
- 400ml (1¾ cups) milk
- 4 tbsp runny honey
- 200g (2 cups) porridge oats
- 2 tsp baking powder
- 4 fresh plums, destoned, sliced in quarters, each quarter halved
- natural plain yoghurt, to serve

1. Line an 18cm (7in) baking tin with baking parchment. Beat together the eggs, milk and honey in a large bowl. Add the oats, baking powder and stir until well mixed. Leave to sit for 5 minutes so the oats can soak up the milk.
2. Pour the mixture into the baking tin and lay the sliced plums on top. Cover with tin foil, then air fry at 175°C/350°F for 25 minutes until golden and set on top. If still wobbly in the middle, bake for a further 2-3 minutes, uncovered.
3. Serve warm or chilled with a spoonful of yoghurt.

PER SERVING:
Calories: **390,** Fat **9.1g,** Saturates **3.2g,** Carbohydrate **62.5g,** Sugars **28.2g,** Fibre **6.1g,** Protein **17.3g,** Salt **0.3g**

Porridge oat cookies

By Fern Green

Makes **12** | *Prep* **5 mins** | *Cook* **15 mins** *per batch*

- 85g (⅜ cup) unsalted butter
- 1 tbsp maple syrup
- finely grated zest of ½ a lemon
- 140g (1½ cups) spelt flour
- 2 ripe bananas, peeled, mashed
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp bicarbonate of soda
- 50g (¼ cup) sultanas

1. Melt the butter and maple syrup in a small pan over a low heat.
2. In a large bowl, and add the remaining ingredients, then pour the melted butter mixture into the bowl and stir to combine.
3. Use a dessertspoon-sized ball of the mixture and add to a lined air fry tray. Pat down a little to flatten. Repeat to fit around 5-6 rounds, leaving 1cm (½in) space between them. Cook in the air fryer for 12 minutes at 175°C/350°F.
4. Carefully flip the cookies over with a palette knife and cook for a further 3 minutes. Cool on a wire rack. Allow the tray to cool for 5 minutes before starting the next batch. Repeat.

PER COOKIE:
Calories: **107,** Fat **4.3g,** Saturates **2.5g,** Carbohydrate **16.8g,** Sugars **6.3g,** Fibre **2g,** Protein **2.3g,** Salt **trace**

Homemade granola

Serves **4-6** | *Prep* **5 mins** | *Cook* **10-15 mins**

- 60g (½ cup) pecan nuts, roughly chopped
- 200g (2 cups) oats
- 2 tbsp coconut oil, melted
- 3 tbsp maple syrup
- 1 tsp vanilla extract
- a pinch of salt
- 40g (¼ cup) raisins
- 40g (¼ cup) dried cranberries

1 Preheat the air fryer to 180°C/360°F, and line the air fryer basket with baking paper.

2 Mix the pecan nuts with the oats, coconut oil, maple syrup, vanilla extract and salt.

3 Spread out the nuts on the baking paper, then cook for 10-15 minutes until browned, turning occasionally. Remove from the basket, along with the paper, then allow to cool.

4 Chop or crumble the oat mixture into pieces and mix in the raisins and cranberries. Tip into a jar and seal.

PER SERVING:

Calories: **289,** Fat **14.1g,** Saturates **5g,** Carbohydrate **36.4g,** Sugars **10.8g,** Fibre **5g,** Protein **6.8g,** Salt **0.1g**

Recipe and photo © Stockfood, The Food Media Agency

Savoury pancake stack

By HECK! (www.heckfood.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **10-12 mins**

1 packet (340g (12oz) HECK! Chipolatas

fried eggs, for topping (optional)

maple syrup

chives, to garnish

FOR THE PANCAKES

200g (1¼ cups) self-raising flour

1½ tsp baking powder

1¾ tbsp melted butter

200ml (⅚ cup) milk

1 tbsp caster/superfine sugar

3 free-range eggs

sunflower oil

1. Place the chipolatas in the fryer and cook for 10-12 minutes at 180°C/360°F.
2. For the pancakes, mix the flour, baking powder and sugar in a bowl, then create a well in the centre. Add the eggs, melted butter and milk to the well, then whisk together until smooth. Pour the mixture into a jug.
3. Heat a little sunflower oil in a pan on a low-medium heat, then pour in two circles of the batter, but not too much. Fry until bubbles appear on the tip of the mixture, then flip and fry for a further 2 minutes. Continue this process until you've made enough pancakes or used all the mixture.
4. If you want to have an egg on top, fry in a pan.
5. Stack the pancakes and add the sausage and egg to the top, garnish with chives and cover in maple syrup.

PER SERVING:

Calories: **534,** Fat **26.5g,** Saturates **7.8g,** Carbohydrate **50.8g,** Sugars **4.7g,** Fibre **3.7g,** Protein **7.9g,** Salt **1.3g**

Healthy habits!

High protein RECIPES

Combine healthy proteins with delicious meals and you've got yourselves two big ticks!

VEGAN PROTEIN BURGERS - P21

Recipe and photo © Stockfood, The Food Media Agency

Quinoa salad with roasted delicata squash, beetroot and rocket

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins** *per batch*

500g (1lb 1oz) baby squash flesh, sliced
500g (1lb 1oz) beetroot, peeled, sliced
5 tbsp olive oil
2 tsp fennel seeds
2 tsp ground cumin
salt and freshly ground black pepper
200g (1 cup) quinoa
2 handfuls of rocket/arugula
40g (⅓ cup) pecans, roughly chopped
30g (⅓ cup) pumpkin seeds

FOR THE DRESSING

2 tbsp apple cider vinegar
2 tbsp lemon juice
1 tbsp maple syrup
½ tsp espelette pepper

1 Preheat the air fryer to 200°C/400°F.

2 Place the squash and beetroot in separate bowls. Add 1 tbsp oil, 1 tsp fennel seeds, 1 tsp cumin, salt and pepper to each bowl and toss to coat. Place in the air fryer basket in batches and cook for about 20 minutes, turning once. Allow to cool to lukewarm.

3 Rinse the quinoa in a sieve and cook in boiling salted water for 15 minutes until tender. Rinse under cold water and drain.

4 For the dressing, mix the vinegar with the lemon juice, remaining oil, maple syrup, salt and espelette pepper, then season to taste.

5 Arrange the vegetables and rocket on the quinoa and drizzle with the dressing. Serve sprinkled with pecans and pumpkin seeds.

PER SERVING:

Calories: **582,** Fat **31.6g,** Saturates **4g,** Carbohydrate **66.5g,** Sugars **15.2g,** Fibre **11.7g,** Protein **14.1g,** Salt **0.3g**

Salmon parcels with couscous, sun-dried tomatoes and feta

Serves **4** | *Prep* **20 mins** | *Cook* **20 mins**

- 125ml (½ cup) vegetable stock/bouillon
- 120g (⅔ cup) couscous
- 60g (1 cup) sun-dried tomatoes in oil, sliced
- 100g (1 cup) feta, chopped
- ½ a courgette/zucchini, finely diced
- ½ tsp dried oregano
- 4 skinless salmon fillets, about 600g (1lb 4oz)

FOR THE SALSA

- 1 garlic clove, peeled, finely chopped
- a handful of basil, finely chopped, plus the leaves to garnish
- 1 tbsp capers
- 2 tbsp lemon juice
- 4 tbsp olive oil
- salt and freshly ground black pepper

1 Bring the vegetable stock to the boil in a pan. Stir in the couscous, cover, remove from the heat and stand for about 5 minutes. Remove the lid, fluff with a fork and let it cool slightly.

2 For the salsa, mix together the garlic, basil, capers, lemon juice and 2 tbsp of oil. Season with salt and pepper.

3 Mix the tomatoes, feta, courgettes, remaining oil, oregano, salt and pepper into the couscous.

4 Preheat the air fryer to 180°C/360°F.

5 Spread out four large pieces of baking paper. Place a salmon fillet in the centre of each and spoon the couscous mixture on top. Wrap into parcels and seal well. Place in the basket or on the air fryer rack and cook for 15 minutes.

6 To serve, cut open the parcels and drizzle with salsa. Garnish with fresh basil.

PER SERVING:

Calories: **456,** Fat **26.1g,** Saturates **6.9g,** Carbohydrate **18g,** Sugars **6.9g,** Fibre **2.7g,** Protein **38.3g,** Salt **0.6g**

Recipe and photo © Stockfood, The Food Media Agency

Recipes and photos on this page © Stockfood, The Food Media Agency

Masala baked omelette with paneer

Serves **4** | *Prep* **15 mins** | *Cook* **20-25 mins**

2 green chillies, sliced
4 shallots, peeled, quartered, sliced
2 tbsp vegetable oil
8 free-range eggs
100g (½ cup) double/heavy cream
3 tsp garam masala
salt and freshly ground black pepper
4 tomatoes, deseeded, diced
400g (14oz) paneer, diced

1 Preheat the air fryer to 180°C/360°F.

2 Reserve a few pieces of chilli to garnish, then place the rest in a 12x20cm (5x8in) baking tin (or whatever size will fit in your air fryer) with the shallots. Drizzle with oil, then place in the basket or on the grill of the air fryer and cook for 5 minutes.

3 Meanwhile, beat the eggs with the cream, garam masala, salt and pepper. Pour into the tin, briefly mix in the tomatoes and paneer, then return to the air fryer to cook for 15-20 minutes until golden brown. Serve with the reserved chilli rings.

PER SERVING:
Calories: **386,** Fat **31.4g,** Saturates **11g,** Carbohydrate **9.7g,** Sugars **5.2g,** Fibre **2.2g,** Protein **17.5g,** Salt **0.6g**

Pumpkin seed protein bars

Makes **8-10** | *Prep* **10 mins** | *Cook* **15-20 mins**

60g (¼ cup) butter
4 tbsp sugar
60g (⅓ cup) dates, finely chopped
60g (⅓ cup) pumpkin seeds, ground
50g (⅓ cup) macadamia nuts, coarsely chopped
40g (⅓ cup) flaked almonds
100g (1 cup) rolled oats
1 free-range egg white
a pinch of salt

1 Preheat the air fryer to 150°C/300°F. Line a 12x20cm (5x8in) baking tin (or a suitable size for your air fryer) with baking paper.

2 Heat the butter and sugar in a saucepan, stirring continuously, until melted. In a bowl, combine the dates, pumpkin seeds, macadamias, flaked almonds and rolled oats. Add the butter mixture and stir to combine. Beat the egg white with salt until stiff, then fold into the mixture.

3 Spoon the mixture into the prepared tin and flatten evenly. Place in the basket or on the rack of the air fryer and cook for 15-20 minutes until golden brown.

4 Allow to cool, then cut into bars before serving.

PER BAR:
Calories: **213,** Fat **14.3g,** Saturates **4.8g,** Carbohydrate **18.6g,** Sugars **9.3g,** Fibre **2.9g,** Protein **5.3g,** Salt **0.1g**

Vegan protein burgers

Serves **4** | *Prep* **20 mins** | *Cook* **15 mins**

FOR THE BURGERS

- 400g (14oz) tinned chickpeas, drained
- 1 red chilli
- 1 garlic clove, peeled
- a handful of coriander
- 1 tsp baking powder
- 1 tbsp lemon juice
- 2 tbsp tahini
- 2 tbsp chickpea/gram flour, or as needed
- salt and freshly ground black pepper
- ground cumin
- 2 tbsp vegetable oil

TO SERVE

- 4 vegan burger buns
- 120g (4½ oz) kimchi
- a handful of lamb's lettuce
- ½ a cucumber, sliced
- 4 tbsp vegan barbecue sauce

1. Place the chickpeas, chilli, garlic, coriander, baking powder, lemon juice and tahini in a blender or food processor, then blend until slightly chunky. Mix in the chickpea flour until the mixture is mouldable. Season with salt, pepper and cumin, then shape into 4 patties.
2. Preheat the air fryer to 200°C/400°F. Line the basket with baking paper.
3. Place the patties in the basket and brush all over with the oil. Cook for 15 minutes until golden brown, turning once halfway through.
4. Halve the buns horizontally. Toast the cut sides if desired. Place the kimchi on the bottom halves. Stack with the patties, lamb's lettuce and cucumber slices. Top with barbecue sauce and finish with the bun tops.

PER SERVING:

Calories: **509,** Fat **16.6g,** Saturates **2.4g,** Carbohydrate **73g,** Sugars **16g,** Fibre **10.2g,** Protein **19.8g,** Salt **0.7g**

Recipe and photo © Stockfood, The Food Media Agency

Quinoa and trout patties with cucumber-radish salsa and salad

Serves **4** | *Prep* **20 mins** | *Cook* **10-15 mins, then 15 mins** *per batch*

150g (¾ cup) quinoa

350ml (1½ cups) vegetable stock/bouillon

400g (14oz) skinless trout fillets, chopped

1 shallot, peeled, chopped

2 free-range eggs

40g (¼ cup) breadcrumbs

1 tbsp mustard

1 tsp finely grated lemon zest

4 tbsp plain/all-purpose flour, or as needed

2 tbsp vegetable oil

FOR THE SALSA

4 dill sprigs, chopped, plus a few leaves to garnish

1 cucumber, deseeded, diced

100g (3½oz) radishes, diced

2 tbsp white wine vinegar

2 tbsp olive oil

salt and freshly ground black pepper

1 tsp honey

FOR THE SALAD

60g (2 cups) rocket/arugula

60g (2 cups) baby spinach

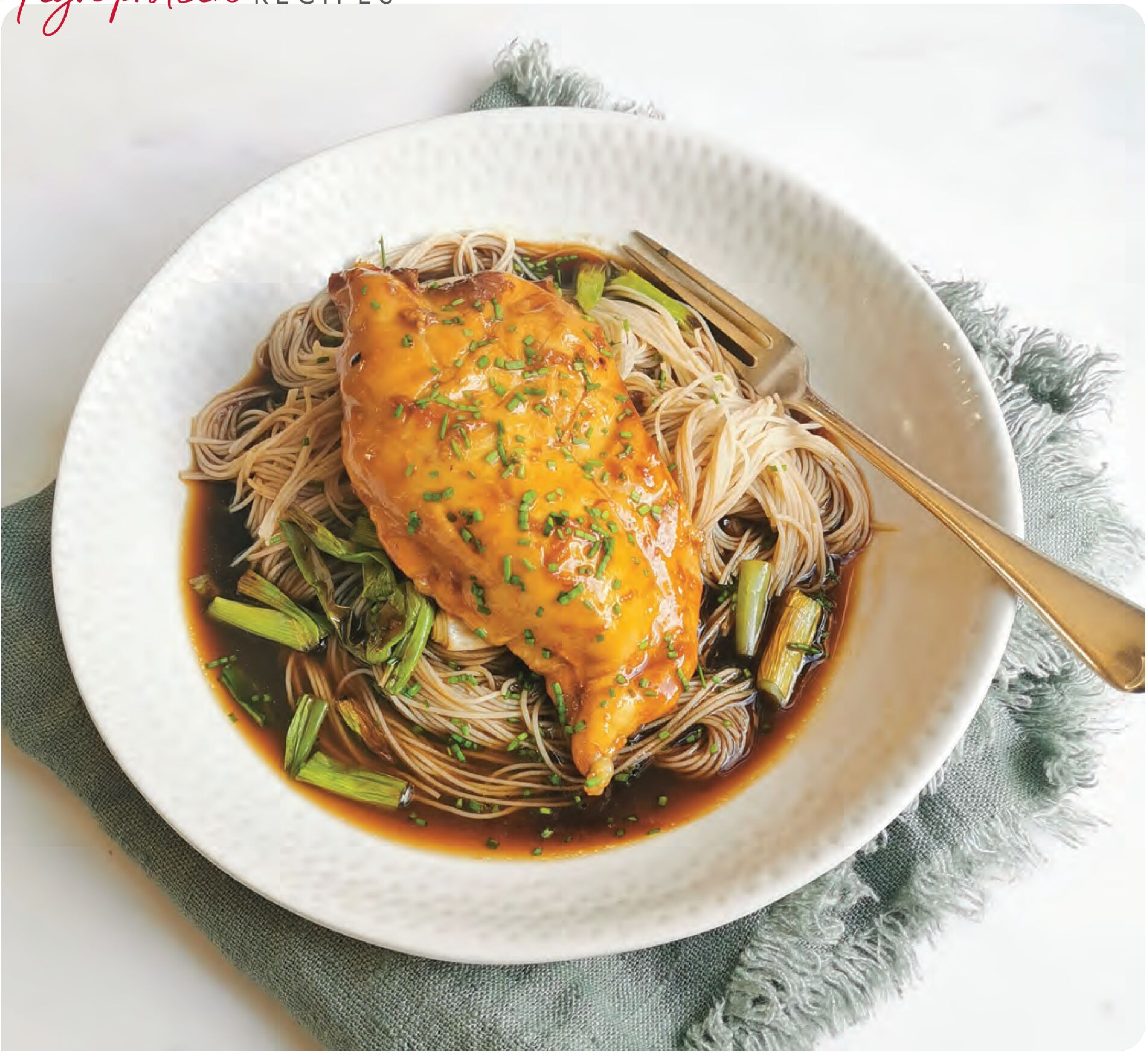
60g (2 cups) baby chard

1. Rinse and drain the quinoa in a sieve. Place in a pan with the stock, bring to the boil, then simmer for 10-15 minutes until cooked. Allow to cool, uncovered, then fluff up with a fork.
2. For the salsa, mix the dill, cucumber and radishes with the vinegar, olive oil, honey and salt and pepper to taste.
3. Preheat the air fryer to 180°C/360°F.
4. Mix the trout and shallots in a bowl with the quinoa, eggs, breadcrumbs, mustard, lemon zest and flour to form a mouldable mixture. Shape into 8-12 patties and brush with vegetable oil.
5. Place 4-6 patties on baking paper in the air fryer basket and bake for 15 minutes until golden brown, turning once. Repeat with the remaining patties.
6. Arrange the patties on the salad leaves, drizzle with a little salsa and garnish with fresh dill. Serve the remaining salsa alongside.

Recipe and photo © Stockfood, The Food Media Agency

PER SERVING:

Calories: **663,** Fat **34.8g,** Saturates **7.3g,** Carbohydrate **41.3g,** Sugars **4.2g,** Fibre **4.9g,** Protein **44.7g,** Salt **0.6g**



Tamarind chicken

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **15 mins**

- 2 x 150g (5½oz) chicken breasts
- 120g (1 cup) tamarind paste
- 8 tbsp honey
- 3 tbsp fish sauce
- 2 tbsp light soy sauce
- 2 tbsp toasted sesame oil
- 2 garlic cloves, peeled, grated
- a handful of chives, finely chopped
- ½ tsp salt
- 4 spring onions/scallions, cut into 5cm (2in) pieces
- 1 nest of vermicelli rice noodles

1 Place the noodles in a bowl and pour over boiling water. Leave to rehydrate.

2 Create the sauce by adding the tamarind paste, honey, fish sauce, soy sauce, sesame oil and garlic to a bowl.

3 Score the chicken with a sharp knife on top to allow the flavours to penetrate through.

4 Place each breast on two sheets of kitchen foil, enough to wrap up each piece. Pull the sides of the foil up around the chicken, add the spring onions, then pour half the sauce over each. Seal each parcel firmly, then place in air fryer and cook for 15 minutes at 200°C/400°F.

5 Divide the noodles between two bowls, empty the parcels over the noodles, then sprinkle with chives before serving.

PER SERVING:

Calories: **903,** Fat **30.9g,** Saturates **6.6g,** Carbohydrate **126g,** Sugars **75.3g,** Fibre **4.3g,** Protein **37.1g,** Salt **1.3g**

Protein rolls with oats, flaxseeds, chia, quark and nuts

Makes ***12-14*** | *Prep* ***15 mins*** *plus 2 hrs for resting* | *Cook* ***25 mins*** *per batch*

- 150g (1 cup) oats
- 50g (¼ cup) flaxseeds
- 3 tbsp chia seeds
- 50g (½ cup) hazelnuts, chopped
- 50g (½ cup) walnuts, chopped
- 40g (⅓ cup) pumpkin seeds, chopped
- 300g (1½ cups) quark
- 50g (¼ cup) almond butter
- 2 tbsp psyllium husks
- 2 tsp salt
- 3 tsp baking powder
- 1 free-range egg white, lightly beaten

1. Mix the oats, flaxseeds, and chia seeds with 300ml (1½ cups) hot water in a bowl and set aside for 2 hours to allow to swell.
2. Mix together the nuts, pumpkin seeds, quark, almond butter, psyllium husks, salt and baking powder. Add half the mixture to the oat and seed mix and knead together.
3. Preheat the air fryer to 200°C/400°F for 5 minutes.
4. Divide the dough into 12-14 pieces and shape into balls. Brush the top of each with egg white and press into the remaining nut mixture.
5. Place 6-7 rolls on baking paper. Place in the basket or on the rack of the air fryer and cook for 25 minutes until golden brown. Repeat with the remaining rolls. Allow to cool on a wire rack before serving.

PER ROLL:

Calories: **171,** Fat **10.7g,** Saturates **1.1g,** Carbohydrate **12.9g,** Sugars **0.9g,** Fibre **14.1g,** Protein **8g,** Salt **0.4g**

Recipe and photo © Stockfood, The Food Media Agency

Spinach and ricotta cannelloni

By Clare Andrews

Serves **4** | *Prep* **20 mins** | *Cook* **30 mins**

- 300g (10½oz) fresh spinach
- 250g (9oz) ricotta cheese
- 1 free-range egg, beaten
- 75g (1 cup) Parmesan, finely grated
- 1 tbsp green pesto
- 8 small fresh lasagne sheets (or four larger ones, halved)
- 2 x 500g (18oz) jars of passata/tomato sauce
- 2 x 125g (4½oz) mozzarella balls, drained
- sea salt and ground black pepper

TO SERVE

- green salad
- garlic bread (optional)

1 Put the spinach in a colander and pour over a full kettle of boiling water; this will wilt the spinach. Lay out a clean tea towel on your work surface and place the spinach onto it, then wrap up and press gently to remove as much moisture as you can.

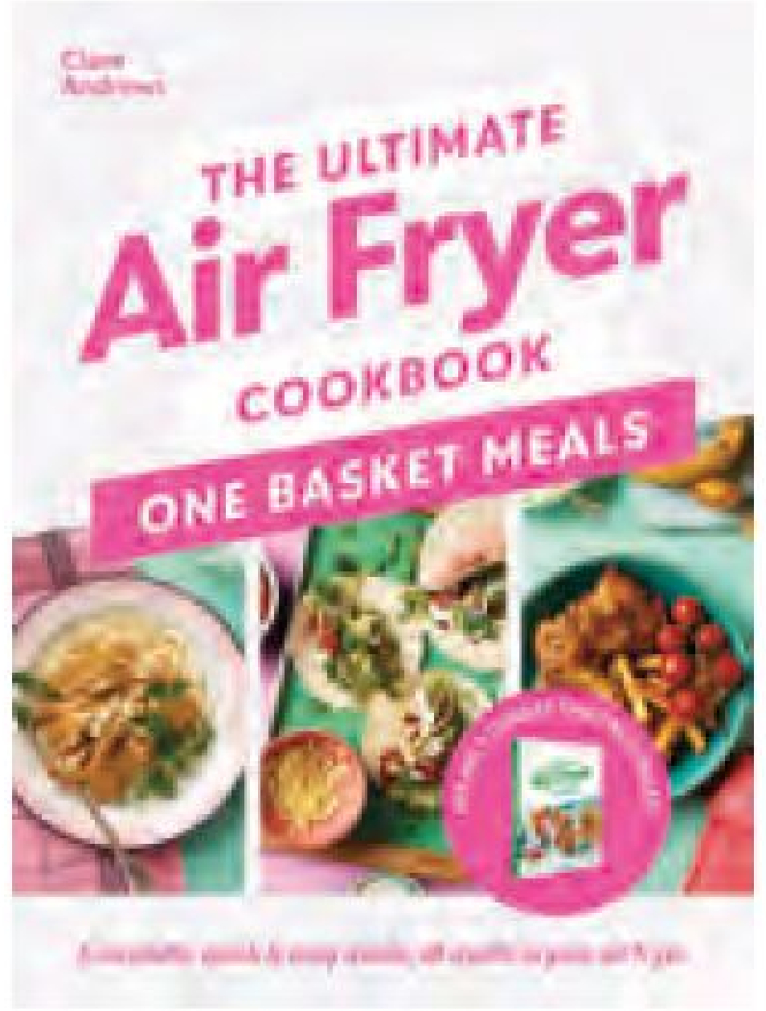
2 Put the spinach in a large bowl and add the ricotta, egg, Parmesan and pesto. Season well and mix everything together.

3 Put your lasagne sheets in a shallow dish, pour over another full kettle of boiling water and leave for 5 minutes to soften. Drain, then place the lasagne sheets onto a clean tea towel.

4 Using a teaspoon, spoon an equal quantity of the filling onto each lasagne sheet, arranging it in a line down the longest edge of each sheet. Carefully roll up the lasagne sheets, placing them into a large ovenproof dish as you go. Or, you can remove the crisper plate from the air fryer and place them directly in the basket. Pour the passata in first, then place the rolled cannelloni on top. Set the temperature to 160°C/320°F and cook for 20 minutes, until the sauce thickens and starts to bubble.

5 After 20 minutes, rip up the mozzarella balls and sprinkle over the cheese. Cook for a further 10 minutes, until the cheese is melted and golden and everything is piping hot, then serve with a fresh green salad and garlic bread, if desired.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



PER SERVING:

Calories: **516,** Fat **24.8g,** Saturates **13.3g,** Carbohydrate **38g,** Sugars **8.2g,** Fibre **7.1g,** Protein **38g,** Salt **1g**

COOKING CHARTS

Get the most out of your air fryer with this simple guide to cooking times...

Cooking times may vary based on the thickness of your food, the quality and the air fryer model. To ensure you get the best results, make sure to turn your food (or shake) halfway through the cooking time.

Image: topntp/stock.adobe.com

Meat

	Temp	Cooking time	Notes
CHICKEN			
Diced	205°C/400°F	12 mins	
Whole chicken	185°C/365°F	1 hour 10 mins	start breast-side down, turn halfway
Breasts (on the bone)	190°C/375°F	30 mins	turn halfway
Breasts (boneless)	185°C/365°F	15 mins	turn halfway
Drumsticks	180°C/355°F	25 mins	turn halfway
Tenders (goujons)	180°C/355°F	11 mins	turn halfway
Thighs (on the bone)	205°C/400°F	22 mins	turn halfway
Thighs (boneless)	190°C/375°F	20 mins	turn halfway
Wings	190°C/375°F	18 mins	turn halfway
LAMB			
Leg	190°C/375°F	24 mins	turn halfway
Rack	190°C/375°F	22 mins	turn halfway
Roasting joint	180°C/355°F	20 mins per 450g	turn halfway
Lamb chops	180°C/355°F	12 mins	turn halfway
Burgers	180°C/355°F	10 mins	turn halfway
Kofta	180°C/355°F	8-10 mins	turn halfway
PORK			
Bacon	180°C/355°F	7 mins	turn halfway
Pork chops	180°C/355°F	30-35 mins	turn halfway
Shoulder	180°C/355°F	15 mins per 450g	rind-side down for 1 hour, then turn
Sausages	180°C/355°F	10 mins	turn halfway
BEEF			
Burgers	180°C/355°F	10 mins	turn halfway
Steak	200°C/395°F	8 mins rare 10 mins medium 12 mins well done	turn halfway
Roasting joint	180°C/355°F	15 mins per 450g (rare) 10 mins (medium)	turn halfway
Meatballs	190°C/375°F	9 mins	turn halfway

Seafood

	Temp	Cooking time	Notes
Calamari	180°C/355°F	7 mins	turn halfway
Cod fillets	180°C/355°F	12 mins	turn halfway
Fish cakes	180°C/355°F	10-12 mins	turn halfway
Fish fingers	180°C/355°F	12 mins	turn halfway
King prawns	180°C/355°F	4 mins	turn halfway
Salmon fillets	180°C/355°F	12 mins	turn halfway
Scallops	200°C/395°F	6 mins	turn halfway

Image © New Africa/stock.adobe.com

Vegetables

	Temp	Cooking time	Notes
Aubergine	200°C/395°F	15 mins	turn halfway
Beetroot (whole)	180°C/355°F	35 mins	turn halfway and keep checking
Beetroot (sliced)	180°C/355°F	25 mins	turn halfway and keep checking
Courgette	180°C/355°F	12 mins	turn 2-3 times
Asparagus	200°C/395°F	7 mins	turn halfway
Broccoli	200°C/395°F	6 mins	turn halfway
Brussels sprouts	190°C/375°F	16 mins	turn halfway
Butternut squash (chopped)	200°C/395°F	15 mins	turn halfway
Carrots (baby or chopped)	200°C/395°F	15 mins	turn halfway
Cauliflower (whole)	180°C/355°F	35 mins	turn halfway
Cauliflower (chopped)	200°C/395°F	14 mins	turn halfway
Corn on the cobb	200°C/395°F	8 mins	turn halfway
Green beans	200°C/395°F	9 mins	turn halfway
Kale	190°C/375°F	5 mins	shake halfway
Mushrooms (button)	190°C/375°F	12 mins	turn halfway
Mushrooms (whole)	200°C/395°F	6 mins	turn halfway
Onions	200°C/395°F	10 mins	turn halfway
Peppers (sliced)	180°C/355°F	13 mins	turn halfway
Potatoes (jacket)	200°C/395°F	45 mins	turn halfway
Potatoes (roast)	200°C/395°F	30 mins – parboil for 5 mins first	shake basket halfway
Potatoes (chips)	180°C/355°F	25 mins	shake basket halfway
Potatoes (wedges)	180°C/355°F	25 mins	shake basket halfway
Sweet potato	190°C/375°F	30-35 mins	turn halfway
Tomatoes (cherry)	200°C/395°F	4 mins	
Tomatoes (halves)	180°C/355°F	10 mins	turn halfway

Image: azurita/stock.adobe.com

Frozen food

	Temp	Cooking time	Notes
Chicken nuggets	200°C/395°F	10 mins	turn halfway
French fries	200°C/395°F	14-16 mins	turn/shake halfway
Onion rings	200°C/395°F	8 mins	turn halfway
Oven-style chips	200°C/395°F	15-20 mins	turn/shake halfway
Pizza	200°C/395°F	5-10 mins	
Sausage rolls	200°C/395°F	15 mins	turn halfway
Spring rolls	200°C/395°F	15-20 mins	turn halfway

Image: Nitr/stock.adobe.com

Others

	Temp	Cooking time	Notes
Eggs	120°C/250°F	soft – 9 mins medium - 13 mins hard – 16 mins	
Falafel	190°C/375°F	12 mins	turn halfway
Tofu	190°C/375°F	15 mins	turn halfway

Sweet treats

	Temp	Cooking time	Notes
Churros	180°C/355°F	13 mins	turn halfway
Cinnamon rolls	180°C/355°F	9 mins	turn halfway
Cookies	180°C/355°F	5 mins	
Cupcakes	180°C/355°F	15 mins	
Doughnuts	180°C/355°F	5 mins	

Image: Anastasiia/stock.adobe.com

Colourful treats!

Light lunch
RECIPES

Create flavourful midday meals to give your January a welcome boost...

VEGETABLE PATTIES WITH QUARK DIP – P41

12-minute kedgeree

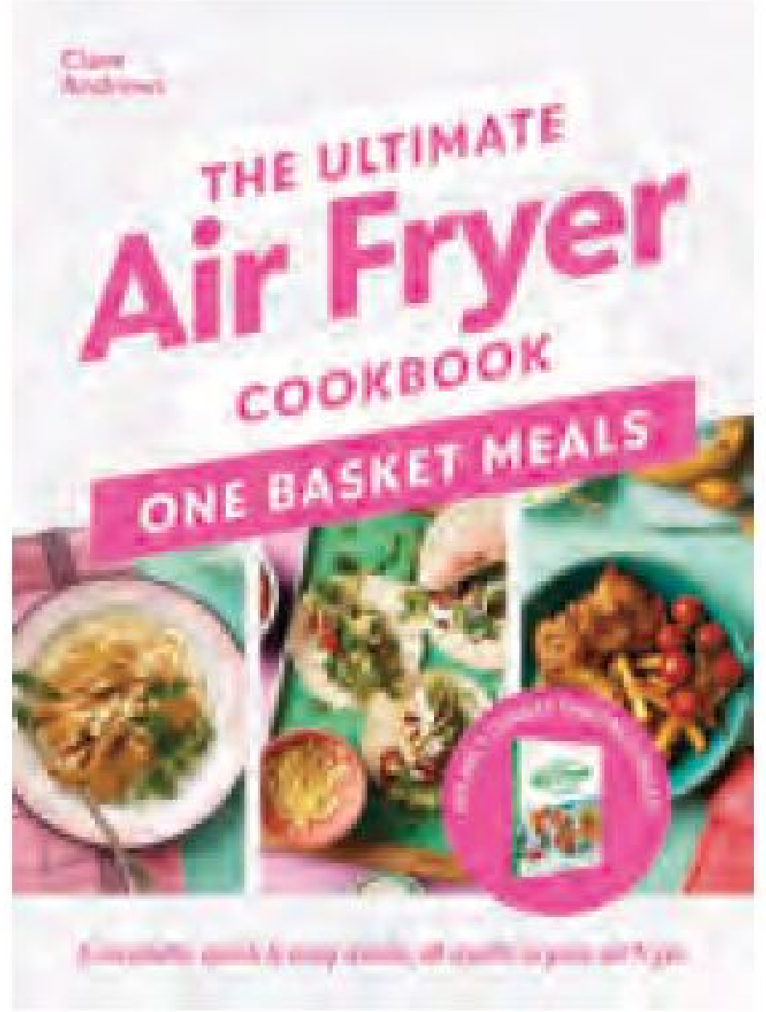
By Clare Andrews

Serves **4** | *Prep* **10 mins** | *Cook* **12 mins**

- 2 tbsp butter
- 2 tsp olive oil, plus extra for greasing
- 120g (1 cup) frozen green beans
- 2 x 250g (9oz) pouches of cooked white basmati rice
- 2 tsp curry powder
- 1 tsp ground turmeric
- 2 tsp dried parsley
- 4 skin-on smoked haddock portions (about 400g (14oz) in total)
- 4 free-range eggs
- 2-3 tbsp shop-bought crispy fried onions
- freshly ground black pepper
- lemon wedges, to serve

1. Remove the crisper plate and put the butter and olive oil into the air fryer basket. Set the temperature to 180°C/360°F and let them melt in the drawer as it heats up. Put the frozen green beans in a bowl and pour over hot water from the kettle. Leave for a couple of minutes to defrost.
2. Break up the rice so there are no lumps, then tip into the basket with the butter/oil. Add the curry powder, turmeric, dried parsley and a good pinch of pepper (you won't need salt as the fish is very salty). Drain the green beans and add to the basket, then stir everything together well. Use a spatula to scoot the rice towards the side of the basket so it is slightly mounded up and you have a bare space down about one-quarter of the side. Place the haddock portions on top of the rice, arranging them skin-side up so that they don't dry out, covering as much of the rice as possible so it doesn't dry out either.
3. Spritz four silicone muffin cups or small ovenproof ramekins with olive oil and crack an egg into each one, then place them in the fryer in the empty space you have left.
4. Put the basket back in the air fryer and cook at the same temperature for 8-10 minutes, until the egg whites are cooked but the yolks are still runny. Remove the egg pots from the fryer if they are done, or leave them in if not. Cook for another 2-3 minutes, until the rice is heated through and the fish is fully cooked.
5. Remove the fish to a chopping board and break it up so it's in flakes, then tip it back into the rice and stir everything together.
6. Divide the rice mixture between four shallow bowls, then top each one with an egg and sprinkle with a generous portion of crispy fried onion. Serve with lemon wedges for squeezing over.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



PER SERVING:

Calories: **634,** Fat **32.1g,** Saturates **11.7g,** Carbohydrate **32g,** Sugars **2.2g,** Fibre **3g,** Protein **50.3g,** Salt **0.6g**

Tzatziki rice bowl with chicken sausage and halloumi crumb

By HECK! (www.heckfood.co.uk)

Serves **4** | *Prep* **20 mins** | *Cook* **15 mins**

10 HECK! Chicken Italia Sausages, quartered

200g (1 cup) white rice

½ a cucumber, sliced, quartered

10-15 cherry tomatoes, halved

100g (3½oz) pomegranate seeds

1 block of halloumi cheese

a drizzle of honey

1 lemon, quartered

280g (1¼ cups) natural yoghurt

6 fresh mint leaves, minced

1 tbsp dried dill

salt and freshly ground black pepper, to taste

1 tbsp olive oil

4 basil leaves, to garnish

1 Place the rice in a pan and cover with boiling water. Boil for 15 minutes, or until tender. Rinse with cold water, then drain well.

2 Preheat the air fryer to 200°C/400°F. Cook the quartered sausages in the air fryer for 12 minutes, or until fully cooked and golden brown.

3 Grate the halloumi cheese. Heat the olive oil in a frying pan over a medium heat, the fry the grated halloumi until it begins to crisp. Drizzle a bit of honey over the halloumi and continue to cook until golden and crispy.

4 In a bowl, mix the yoghurt, mint, dill, salt and pepper until well combined.

5 In a large bowl, combine the cooked rice, tzatziki, cucumber and cherry tomatoes. Transfer to a large serving plate or individual bowls and top with the cooked sausages.

6 Sprinkle the crispy halloumi and pomegranate seeds over the top, then garnish with fresh basil leaves and lemon wedges before serving.

PER SERVING:

Calories: **477,** Fat **7g,** Saturates **1.3g,** Carbohydrate **54.4g,** Sugars **10.4g,** Fibre **3.8g,** Protein **47.5g,** Salt **0.7g**

Recipe and photo © Stockfood, The Food Media Agency

Falafel salad with green peas and green tomatoes

Serves **4** | *Prep* **25 mins** | *Cook* **10-15 mins**

- 2 handfuls of basil
- 4 tbsp olive oil
- 100g (3½oz) sugar snap peas
- salt and freshly ground black pepper
- 2 handfuls of pea sprouts
- 400g (14oz) tinned chickpeas, drained
- 1 garlic clove, peeled
- 2 tbsp tahini
- 3 tbsp lime juice
- 1 tsp baking powder
- 2 tbsp chickpea/gram flour, or as needed
- ground cumin
- spray oil
- 200g (1 cup) sour cream
- 200g (7oz) green tomatoes, halved if large
- 2 handfuls of salad greens; such as rocket, baby Swiss chard
- 60g (2oz) radishes, sliced
- ½ a cucumber, shaved into thin strips

1. Purée about half of the basil with the olive oil. Blanch the sugar snap peas in boiling salted water for 2 minutes. Rinse and drain.
2. Preheat the air fryer to 200°C/400°F. Line the basket of the air fryer with baking paper.
3. For the falafel, chop about a quarter of the pea sprouts and purée them with the chickpeas, 2 tbsp basil oil, the garlic, tahini, 1 tbsp lime juice and the baking powder until mouldable. Add chickpea flour as needed. Season with salt, pepper and cumin.
4. Shape into about 12 balls, place in the air fryer basket and spray with oil. Cook for 10-15 minutes until golden brown, turning once.
5. For the dressing, lightly mix the remaining basil oil with the sour cream and the remaining lime juice. Arrange the remaining pea shoots, sugar snap peas, green tomatoes, salad leaves, radishes and cucumber on plates and top with the falafel. Drizzle with dressing, serving the rest on the side.

PER SERVING:

Calories: **512,** Fat **27.1g,** Saturates **6.2g,** Carbohydrate **53.2g,** Sugars **10.2g,** Fibre **10.6g,** Protein **18.3g,** Salt **0.3g**

Cauliflower poke bowl with avocado and rice

Serves **4** | *Prep* **10 mins** | *Cook* **15-20 mins**

- 250g (1 cup) long-grain rice
- 1 cauliflower, cut into florets
- 2 tbsp olive oil
- 2 tsp ras el-hanout
- salt and freshly ground black pepper
- 2 tbsp tahini
- 2 tbsp lemon juice
- 100g (½ cup) plain yoghurt
- 2 avocados, peeled, stoned, sliced
- 4 tbsp sweet chilli sauce
- 4 tbsp sesame seeds

1. Cook the rice according to the packet instructions.
2. Preheat the air fryer to 180°C/360°F.
3. Mix the cauliflower in a bowl with the oil, ras el-hanout, salt and pepper. Place in the air fryer basket and cook for 15-20 minutes until golden brown, shaking the basket 1-2 times during cooking.
4. For the dressing, mix the tahini with the lemon juice and yoghurt, then season with salt.
5. Arrange the cauliflower and avocado on the rice in bowls. Drizzle the cauliflower with the chilli sauce and the avocado with the dressing, then sprinkle with sesame seeds and serve.

PER SERVING:

Calories: **592,** Fat **29.9g,** Saturates **4.4g,** Carbohydrate **71.1g,** Sugars **6.5g,** Fibre **9.2g,** Protein **14.4g,** Salt **0.3g**

Recipe and photo © Stockfood, The Food Media Agency

Recipe and photo © Stockfood, The Food Media Agency

Crustless vegetable quiche

Serves **4** | *Prep* **10 mins** | *Cook* **28 mins**

2 courgettes/zucchini, grated
2 tbsp vegetable oil
2 onions, peeled, thinly sliced
1 red chilli, finely diced
salt and freshly ground black pepper
6 free-range eggs
4 parsley sprigs, chopped
4 thyme sprigs, chopped
100g (½ cup) cottage cheese

1 Squeeze the grated courgettes in a clean tea towel to remove any excess liquid. Heat 1 tbsp oil in a pan and sauté the onions until soft. Stir in the chilli and courgettes and sauté for 2-3 minutes. Season with salt and pepper and allow to cool slightly.

2 Preheat the air fryer to 180°C/360°F. Brush a 20cm (8in) quiche or similar baking tin with the remaining oil.

3 Beat the eggs with the herbs, salt and pepper. Mix in the vegetables and pour into the tin. Scatter the cottage cheese over the top and place in the air fryer basket or grill. Cook the quiche for 20-25 minutes until golden brown. Serve, cut into pieces.

PER SERVING:
Calories: **210,** Fat **14.4g,** Saturates **3.6g,** Carbohydrate **7.9g,** Sugars **3.2g,** Fibre **1.4g,** Protein **12.9g,** Salt **0.4g**

Healthy beetroot soup

Serves **4** | *Prep* **15 mins** | *Cook* **35 mins**

- 400g (14oz) beetroot, peeled, chopped
- 150g (5½oz) celeriac, peeled, chopped
- 1 onion, peeled, diced
- 3 tbsp vegetable oil
- 1 tsp caraway powder
- salt and freshly ground black pepper
- 1 slice of white bread
- 30g (¼ cup) sunflower seeds
- 800ml (3½ cups) vegetable stock/bouillon, or as needed
- 2 tbsp apple cider vinegar
- 4 tbsp pomegranate seeds
- 1 tsp dried oregano

1. Preheat the air fryer to 200°C/400°F. Line the airfryer basket with baking paper.
2. Toss the beetroot, celeriac and onions with 2 tbsp oil, the caraway, salt and pepper. Spread out evenly in the basket, then cook for 30 minutes until tender, shaking the basket occasionally.
3. Tear the white bread into bite-sized pieces and mix with the sunflower seeds and remaining oil.
4. Remove the vegetables from the basket. Place the bread mix in the basket and cook for 5 minutes until golden brown.
5. Bring the stock to the boil. Purée the beetroot, onion and celeriac in a blender with the stock until smooth. Season with vinegar and divide between soup bowls. Top with pomegranate seeds and serve sprinkled with the croutons and oregano.

PER SERVING:

Calories: **270,** Fat **17.9g,** Saturates **2.7g,** Carbohydrate **23.3g,** Sugars **9.3g,** Fibre **6.1g,** Protein **6.6g,** Salt **0.4g**

Recipe and photo © Stockfood, The Food Media Agency

Rainbow veggie bruschetta

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins**

1 small courgette/zucchini, diced
1 red pepper, diced
1 yellow pepper, diced
200g (7oz) cherry tomatoes, halved
1 tbsp olive oil
1 tsp dried oregano
2 ciabatta rolls, sliced
125g (½ cup) mozzarella, sliced
balsamic glaze, to serve

FOR THE TZATZIKI

200g (¾ cup) Greek yoghurt (or plant-based yogurt)
½ a cucumber, grated
1 garlic clove, peeled, minced
juice of ½ a lemon
3 tbsp fresh mint, chopped
salt and freshly ground black pepper, to taste

1 Preheat the air fryer to 180°C/360°F for 2 minutes.

2 In a heatproof dish that fits the air fryer, toss the veggies with the olive oil, oregano, salt and pepper. Air fry for 15 minutes, shaking halfway.

3 For the tzatziki, place the grated cucumber in a sieve and squeeze out any excess moisture. In a bowl, combine the yoghurt, cucumber, garlic, lemon juice and chopped mint. Season with salt and pepper to taste and mix well.

4 Add the mozzarella slices to the ciabatta, place in the air fryer and cook for 3-4 minutes. Top the ciabatta with the air-fried veggies and drizzle with balsamic glaze. Serve with the tzatziki.

PER SERVING:
Calories: **248,** Fat **5.3g,** Saturates **0.8g,** Carbohydrate **30.3g,** Sugars **9.5g,** Fibre **4.2g,** Protein **20.3g,** Salt **0.6g**

Vegetable patties with quark dip

Serves **4** | *Prep* **20 mins** | *Cook* **15 mins** *per batch*

- 400g (14oz) waxy potatoes, peeled, grated
- 2 carrots, peeled, grated
- 1 courgette/zucchini, grated
- 30g (½ cup) chives, chopped, reserve a few whole for garnishing
- 1 free-range egg
- 3 tbsp plain/all-purpose flour
- salt and freshly ground black pepper
- spray oil

FOR THE DIP

- 2 garlic cloves, peeled, crushed
- 250g (1¼ cups) quark
- 2 tbsp lemon juice
- 100g (½ cup) plain yoghurt

1. Finely grate the potatoes, carrots and courgette. Place in a tea towel and squeeze well to remove any excess liquid. Place the vegetables into a bowl and add the chopped chives, egg, flour, salt and pepper. Mix well, then shape into 12 patties.
2. Preheat the air fryer to 200°C/400°F. Line the air fryer basket with baking paper.
3. Place a third of the patties on the paper with a little space between them and spray with oil. Cook for 15 minutes until golden brown, turning once and spraying again with oil. Repeat to cook the remaining patties.
4. For the dip, mix the garlic with the quark, lemon juice and yoghurt. Season with salt to taste.
5. Arrange the patties on plates and add a dollop of dip on each. Grind over some pepper and garnish with the reserved chives. Serve the remaining dip alongside.

PER SERVING:

Calories: **272,** Fat **6.9g,** Saturates **2.2g,** Carbohydrate **32.3g,** Sugars **4.8g,** Fibre **3.7g,** Protein **20.4g,** Salt **0.6g**

Recipe and photo © Stockfood, The Food Media Agency

10 BEST VEGETABLES TO AIR FRY

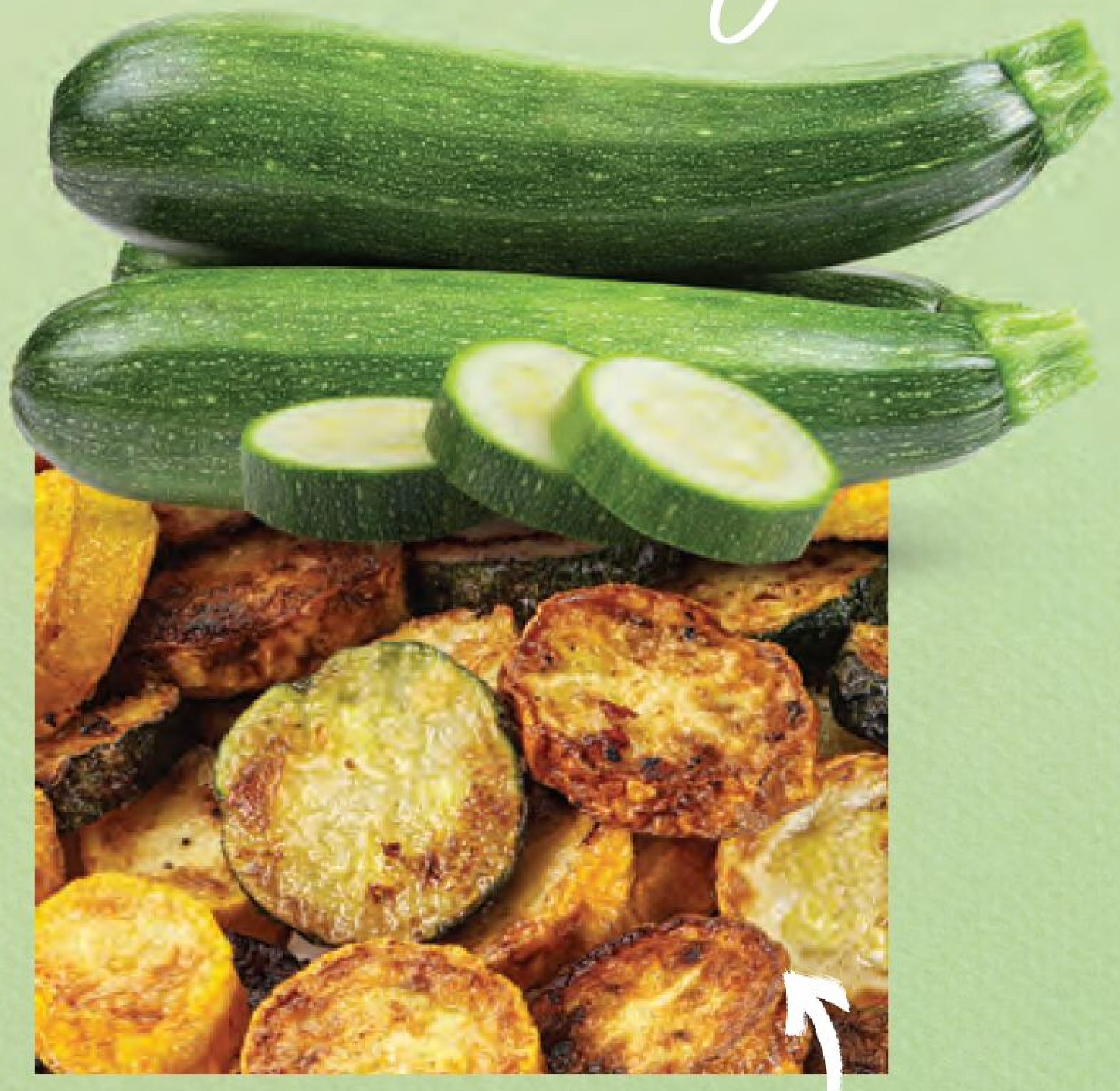
...and why!

Check out our cooking charts on page 27 to give you a simple guide to temperatures and timings for all your favourite vegetables...

We all know potatoes are great in the air fryer, but which other veg can we achieve best results from? Here are our top 10 vegetables to add to your repertoire...

BRUSSELS SPROUTS

Brussels sprouts are great in the air fryer as they achieve a lovely crispy outer layer while still preserving their tender interior – a perfect contrast every bite.



COURGETTE/ZUCCHINI

Although the courgette is quite fragile in all forms of cooking, it can be great to air fry. It can still achieve that crispy outer shell, while maintaining its inner integrity. It can make a perfect snack on the go with bundles of flavour.

AUBERGINE/EGGPLANT

Perfect for salads, sandwiches or pasta dishes, the aubergine is another super healthy veg that works well in the air fryer. It will achieve that lovely caramelised shell with a tender centre.

CAULIFLOWER

Air frying cauliflower transforms it into a crunchy, golden-brown snack that is perfect for dipping in your favourite sauces or enjoying on its own.

All images: stock.adobe.com, iStock.com

CARROTS

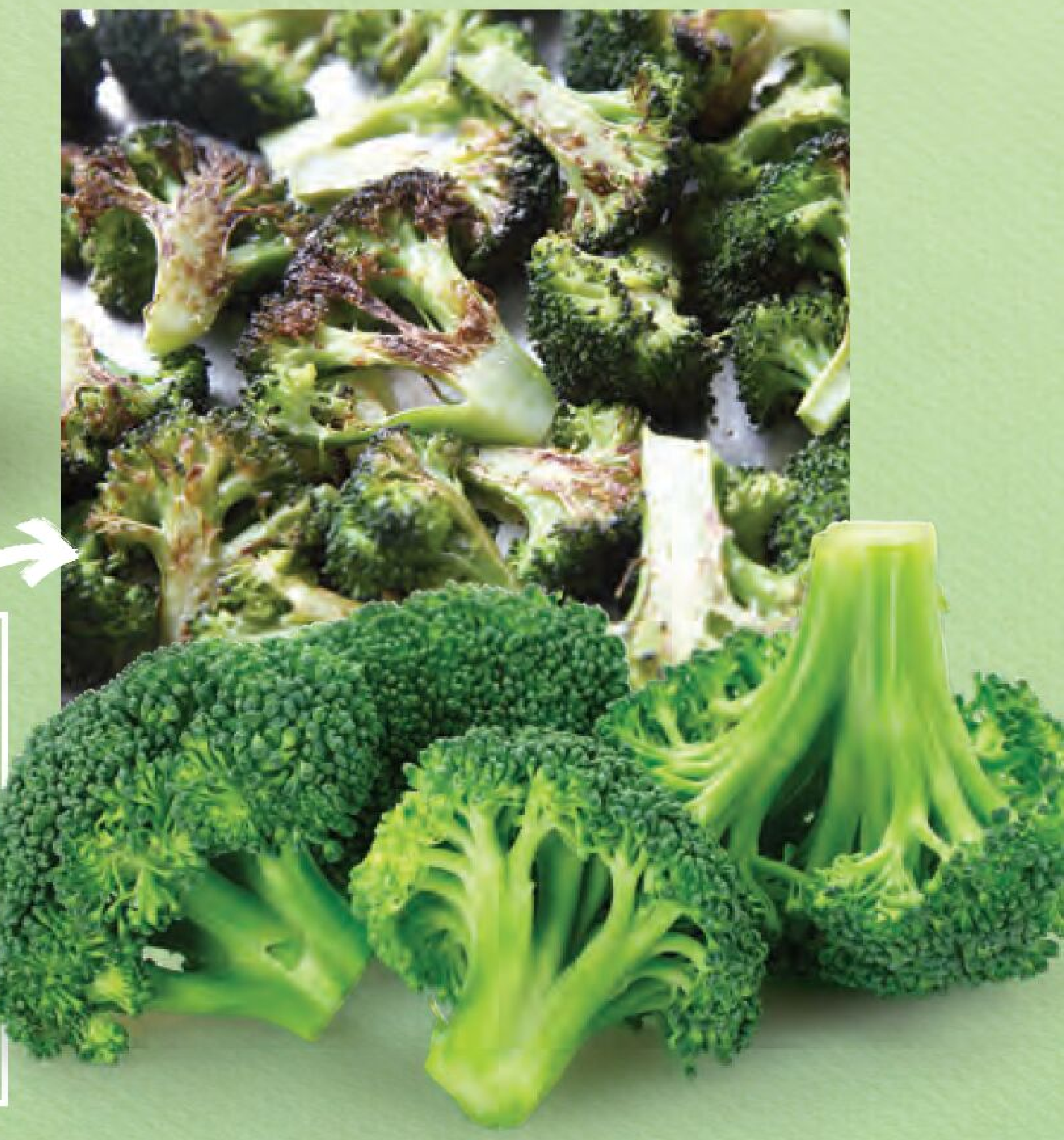
Air frying carrots caramelises their natural sugars, creating a sweet and savoury dish that is perfect for snacking or adding colour to your dinner plate. Air frying will also help to preserve their valuable nutrients during the cooking process.

PEPPERS

Air frying peppers brings out their natural sweetness and adds a smokey charred flavour, making them a versatile side dish or topping for salads and sandwiches.

GREEN BEANS

You can achieve wonderful results air frying green beans. If you want soft beans with a brown and slightly crisp exterior with minimal time and effort, just a few minutes in the air fryer will get you the results you crave!

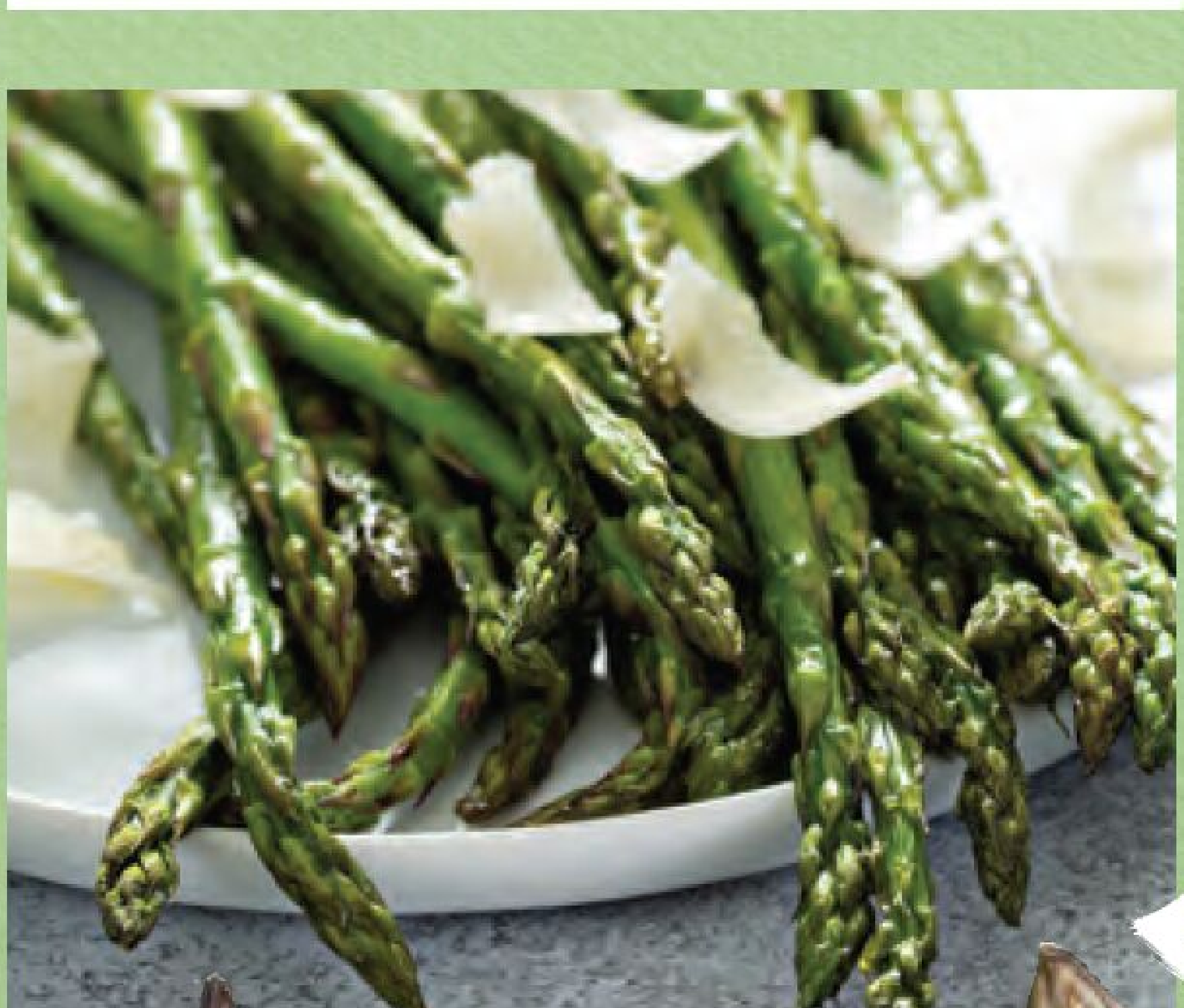


SWEET POTATOES

A healthier alternative to traditional chips or fries, sweet potatoes are nutrient-dense, full of antioxidants and great for your gut health. They achieve the same crispiness in the air fryer as they will in a pan/oven, retaining the creamy interior while still creating that crispy exterior you want.

BROCCOLI

Air frying broccoli helps to retain its bright green colour and crunchy texture, making it a flavourful and nutrient-packed side dish that pairs well with a variety of main courses.



ASPARAGUS

Asparagus works wonders in the air fryer. They are so quick and easy to prepare, with the intense heat of the air fryer bringing out a caramelised sweetness that enhances their natural flavour.

As good as it gets!

Fakeaways

RECIPES

Get all the excitement of a takeaway meal without putting your hands in your wallet...

QUINOA CRUMBED FISH AND VEGGIE CHIPS – P47

Sweet potato and black bean taquitos

Serves **4** | *Prep* **15 mins** | *Cook* **20 mins**

2 medium sweet potatoes, peeled, cubed

400g (14oz) tinned black beans, drained, rinsed

100g (3½ oz) sweetcorn

½ tsp ground cumin

1 tsp smoked paprika

½ tsp garlic powder

30g (1oz) fresh herbs (mint and coriander)

4 tbsp grated cheese

8 corn tortillas

olive oil spray

FOR THE AVOCADO AND LIME DIP

2 ripe avocados

juice of 1 lime

2 tbsp fresh coriander, chopped

salt and freshly ground black pepper, to taste

150g (½ cup) sour cream (or plant-based alternative)

1 Preheat the air fryer to 180°C/360°F for 2 minutes. Air fry the sweet potato for 16-18 minutes until tender.

2 Combine the dip ingredients together in a bowl.

3 Combine the sweet potato, black beans, sweetcorn, cumin, smoked paprika, garlic powder, herbs, salt and pepper together in a bowl.

4 Spoon the mixture onto each tortilla, add the grated cheese, roll, then secure.

5 Lightly spray with oil and air fry for 3-4 minutes, turning halfway, until crispy.

6 Serve with avocado-lime dip and sour cream.

PER SERVING:

Calories: **770,** Fat **23.1g,** Saturates **7.7g,** Carbohydrate **115g,** Sugars **7.3g,** Fibre **18.4g,** Protein **29.5g,** Salt **0.9g**

Classic premium burgers

By Redefine Meat (www.redefinemeat.com)

Serves **2** | *Prep* **5 mins** | *Cook* **15 mins**

1 packet (240g/9½oz) Redefine Premium Burgers, or 2 other burgers of your choice
2 burger buns
tomato ketchup
mayonnaise
1 tomato, chopped
2 lettuce leaves
onion, cut into rings
chipped potatoes, to serve

1. Preheat the air fryer to 180°C/360°F.
2. Place the burgers in the air fryer. Cook for 5 minutes, open the air fryer, turn, then cook for an additional 5 minutes.
3. Assemble the burger, with the ketchup, mayo, onion rings and lettuce, then serve with chips.

PER SERVING:
Calories: **418,** Fat **16.7g,** Saturates **3.3g,** Carbohydrate **43.4g,** Sugars **7.4g,** Fibre **7.4g,** Protein **23.7g,** Salt **1.1g**

Pulled new-meat fajitas

By Redefine Meat (www.redefinemeat.com)

Serves **3** | *Prep* **5 mins** | *Cook* **15 mins**

1 packet of Redefine Pulled Beef, or 200g (7oz) pulled beef of your choice
2 red onions, peeled, sliced
4 colourful bell peppers, sliced
1 tbsp smoked paprika
1 tsp dried chilli
½ tsp salt
cooking spray

TO SERVE
tortillas
sour cream
chopped coriander/cilantro
lime wedges

1. Preheat the air fryer to 200°C/400°F.
2. Place all ingredients in the air fryer basket, mix, then cook for 5 minutes. Mix the ingredients together again, then cook for a further 5 minutes.
3. To serve, place a portion of the fajita mixture on a tortilla, add a dollop of sour cream, sprinkle over the coriander, then finish with a squeeze of lime.

PER SERVING:
Calories: **515,** Fat **13.9g,** Saturates **4.5g,** Carbohydrate **69g,** Sugars **14.9g,** Fibre **8.7g,** Protein **28.8g,** Salt **1.1g**

Quinoa crumbed fish and veggie chips

By Fern Green

Serves **2** | *Prep* **8 mins** | *Cook* **14 mins**

2 fresh cod, hake or halibut fillets

1 lemon, plus a lemon to slice on top (optional)

120g (⅔ cup) quinoa

½ tsp paprika

1 sweet potato, peeled, cut into batons

1 beetroot, peeled, cut into batons

1 tbsp polenta/cornmeal, for dusting

olive oil spray

a pinch of salt

1. Prepare the fish by squeezing half a lemon over each fillet. Spray on a little olive oil and season with salt and paprika.
2. Pour the quinoa into a bowl and season. Dip each fish into the quinoa and lay in the basket of an air fryer. Spray the potato and beetroot. Season and dust with polenta for extra crispiness, then lay them in the bottom tray of the air fryer if possible. Otherwise cook in batches.
3. Air fry the fish at 180°C/360°F for 9 minutes and the chips for 12 minutes, until golden and crispy. Pop some lemon slices on top of the fish 1 minute before it finishes cooking to add a little extra flavour.

PER SERVING:

Calories: **408,** Fat **5.5g,** Saturates **0.7g,** Carbohydrate **55.5g,** Sugars **3.9g,** Fibre **6.4g,** Protein **33g,** Salt **0.7g**

Sweet potato and chickpea curry

By Clare Andrews

Serves **4** | *Prep* **10 mins** | *Cook* **38 mins**

1kg (2lb 5oz) frozen sweet potato chunks

1 tbsp olive oil

1 onion, peeled, thinly sliced

400g (14oz) tinned chopped tomatoes

2 x 400g (14oz) tinned chickpeas, drained, rinsed

400ml (14fl oz) tinned coconut milk

300g (10½oz) fresh spinach

sea salt and freshly ground black pepper

FOR THE SPICE MIX

2 tsp garlic granules

1½ tsp ground ginger

2 tsp ground cumin

2 tsp ground fenugreek

2 tsp mild chilli powder

1 tsp garam masala

1 tsp ground turmeric

TO SERVE

microwaveable basmati rice, or similar

a handful of fresh coriander leaves

1 red chilli, deseeded, finely sliced

1 Start by making your curry spice mix by combining all the ingredients in a bowl and stirring well. Set aside.

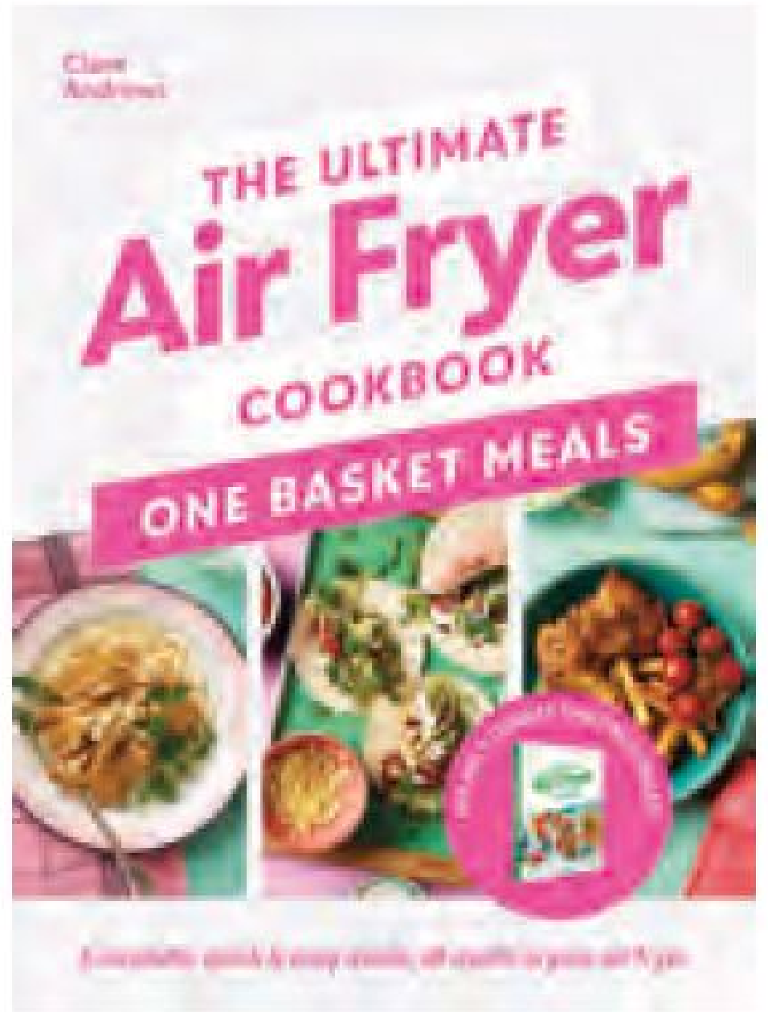
2 Pop the frozen sweet potato chunks in a bowl, add the olive oil and stir well. Set the air fryer to 200°C/400°F, tip the potatoes into the basket and cook for about 7 minutes, until starting to soften. Add the onion and stir in, then give them both another 8 minutes, until the sweet potatoes are starting to brown a little at the edges.

3 Once the 15 minutes are up, carefully remove the crisper plate with tongs, knocking the veg into the basket as you go (or use an ovenproof dish), then add the spice mix, tinned tomatoes, chickpeas and coconut milk and stir together. Set the temperature to 190°C/380°F and cook for a further 12-15 minutes, until the sauce starts to thicken.

4 Meanwhile, roughly chop the spinach. Once the curry is thickening, add the spinach and stir well, making sure the spinach is submerged in the sauce as much as you can. Cook for a further 5-8 minutes, stirring occasionally, until the spinach has wilted into the sauce.

5 While the curry finishes cooking, heat the rice in the microwave, according to the packet instructions. Season the curry with salt and pepper to taste, then serve with the rice and a sprinkle of fresh coriander leaves and red chilli slices.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



PER SERVING:

Calories: **656,** Fat **8.5g,** Saturates **1.1g,** Carbohydrate **126.8g,** Sugars **13g,** Fibre **20g,** Protein **22g,** Salt **0.7g**

Asian pork baoger

By HECK! (www.heckfood.co.uk)

Serves **2** | *Prep* **25 mins** *plus proving* | *Cook* **15-25 mins**

2 Asian Pork Burgers

a handful of rocket

½ a cucumber, thinly sliced

1 red onion, peeled, thinly sliced

2 tbsp hoisin sauce

2 tbsp pickled cabbage

2 tbsp sriracha mayo

3 tbsp rice wine vinegar

FOR THE BAO BUNS

2 tbsp caster/superfine sugar

1¼ tsp active dried yeast

200ml (¾ cup) warm water

300g (2⅓ cups) plain/all-purpose flour

1 tsp salt

½ tsp baking powder

1 tbsp peanut or sesame oil

black sesame seeds or poppy seeds, to garnish

1. For the buns, place the sugar and yeast in a small bowl and pour over the warm water. Leave in a warm place for about 5 minutes until the yeast is frothy.
2. Sift the flour, salt and baking powder into the bowl of an electric mixer fitted with a dough hook. Make a well in the centre of the flour and add the peanut oil. Pour in the yeast mix and mix until you have a dough. The dough should form into a soft, but not sticky, ball. Place on a work surface and knead by hand until smooth, about 2 minutes.
3. If necessary, wash and dry the mixing bowl, lightly oil, then place the dough inside. Cover with clingfilm and a clean tea towel, then leave in a warm place to prove until the dough has doubled in size – at least 1 hour.
4. Divide the dough in half. Cover one half with clingfilm and set aside. Divide the other half into 3 even-sized pieces. Roll each piece into a bun shape and place on a piece of baking paper as you go, making sure they are spaced well apart. Lightly brush with peanut oil and seeds, then cover with clingfilm.
5. Leave to prove for about 15 minutes or until they increase in size (half of their original size again).
6. Repeat with the remaining piece of dough.
7. When ready to steam, fill a vegetable stack steamer with enough water to prevent it boiling dry, then place a piece of baking paper in the base of the steamer.
8. Carefully lift the first two buns and place in the lined steamer. Replace the lid and steam for 10-12 minutes until the buns are puffed and sound hollow when you tap the base. Carefully lift out the buns.
9. Repeat to steam the remaining buns.
10. Meanwhile, place the sliced cucumber in a bowl and cover with rice wine vinegar, then set aside.
11. Into the bottom of the air fryer, place the onions in the air fryer basket and coat with hoisin sauce. Cook at 200°C/400°F for 10-15 minutes until soft, stirring regularly.
12. Place the burgers into the air fryer to cook for 10 minutes. If you have a dual air fryer you can do steps 11 and 12 at the same time, otherwise you will need to do this separately.
13. Once all elements are ready, cut the boa buns in half and start stacking the rocket, cucumber, cabbage, burger and caramelised onion. Finish with a healthy dashing of sriracha mayo before serving.

PER SERVING:

Calories: **1033,** Fat **28.5g,** Saturates **6.3g,** Carbohydrate **156g,** Sugars **20.2g,** Fibre **8.2g,** Protein **34.8g,** Salt **1.4g**

FLAVOUR YOU
HECK

Fakeaway lamb kebabs

By HECK! (www.heckfood.co.uk)

Serves **2-3** | *Prep* **10 mins** | *Cook* **20 mins**

- 2 HECK lamb burgers
- 2 tbsp garlic mayonnaise
- 6 tbsp red onion, thinly sliced
- 40g (1½ oz) iceberg lettuce, thinly sliced
- 100g (3½oz) cherry tomatoes, quartered
- 2 Greek-style flatbread
- frozen chips

1. Thinly slice and cut the veg, then set aside.
2. Place your fries of choice into the air fryer and cook for the instructed time.
3. Place a burger onto greaseproof paper or tin foil and cover. Using a rolling pin, roll the burger out as flat as you can. Transfer to a pan and fry on a medium heat for 8-10 minutes, turning halfway through. No oil is needed as it produces its own.
4. Cut the burger into slices and set aside.
5. Stack the kebab in the flatbread with salad, meat and finish with a good coating of garlic mayo. Serve with the chips.

PER SERVING:

Calories: **322,** Fat **17.2g,** Saturates **5.9g,** Carbohydrate **20.3g,** Sugars **2.2g,** Fibre **2.1g,** Protein **21.1g,** Salt **0.3g**

Salt n pepper fakeaway

By HECK! (www.heckfood.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **40 mins**

- 500g (1lb 1oz) HECK! simply chicken mince, or other minced/ ground chicken
- 1 free-range egg
- a handful of breadcrumbs
- 1 tbsp cayenne pepper
- 1 tbsp Chinese five spice
- 1 tbsp brown sugar
- 2 large potatoes, peeled, chopped into chip shapes
- 3 peppers, sliced (any colour)
- 1 onion, peeled, sliced
- 1 red chilli, finely sliced
- salt and freshly ground black pepper
- sweet chilli sauce or sweet and sour sauce

1. For the chicken bites, mix the mince and egg in a bowl. Take a spoon of mixture and roll it into a ball, then press down into a plate of breadcrumbs to create a nugget shape. Repeat.
2. Once done, cook the nuggets in the the air fryer for 10 minutes at 180°C/360°F. Set aside.
3. Add the potatoes, peppers, onion and chilli and spices to the air fryer basket and cook for 20 minutes at 180°C/360°F, mixing regularly. Return the nuggets, with added salt and pepper, to the air fryer and cook with the veg for a further 10 minutes, stirring regularly.
4. Serve with a sweet chilli or sweet and sour sauce.

PER SERVING:

Calories: **480,** Fat **25.7g,** Saturates **7.5g,** Carbohydrate **26.2g,** Sugars **8.1g,** Fibre **4.6g,** Protein **34.6g,** Salt **0.4g**

Gochujang cauliflower tacos with lime slaw

Serves **4** | *Prep* **15 mins** | *Cook* **15 mins**

- 1 medium cauliflower, cut into florets
- 1-2 tbsp gochujang (Korean chilli paste)
- 2 tbsp toasted sesame oil
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 8 small corn tortillas

FOR THE SLAW

- ½ a small cabbage, shredded
- juice of 1 lime
- 3 tbsp Greek yoghurt or plant-based yoghurt
- 1 tbsp mayo or vegan mayo
- fresh mint, chopped
- salt and freshly ground black pepper, to taste
- 2 tbsp toasted sunflower or pumpkin seeds, to serve

1. Preheat the air fryer to 180°C/360°F for 2 minutes.
2. Toss the cauliflower with the gochujang, sesame oil, soy sauce and maple syrup. Air fry for 13-15 minutes until crispy.
3. Mix the cabbage, lime juice, yoghurt, mayo, mint, salt and pepper to make the slaw.
4. Serve the crispy cauliflower in tortillas, topped with lime slaw and toasted seeds.

PER SERVING:

Calories: **435,** Fat **16.7g,** Saturates **3.1g,** Carbohydrate **62g,** Sugars **10.9g,** Fibre **5.4g,** Protein **11.3g,** Salt **1g**

Louisiana style loaded fries

By Theo Michaels for Canned Food (www.cannedfood.co.uk)

Serves **4** | *Prep* **20 mins** | *Cook* **10-15 mins**

- 2 x 400g (14oz) canned potatoes
- 2 tbsp Cajun spice
- 1 large onion, peeled, sliced
- 2 tbsp sliced jalapeños (from a jar)
- 2 tbsp crispy onions or crispy fried bacon bits
- 3 tbsp olive oil
- 100g (3½oz) feta cheese
- a squirt of BBQ sauce
- 2 spring onions/scallions, sliced, to garnish
- salt and freshly ground black pepper

FOR THE CHEESY SWEETCORN SAUCE

- 2 tbsp plain/all-purpose flour
- 2 tbsp butter
- 100g (1¼ cups) Cheddar, grated
- 500ml (2 cups) milk
- 200g (7oz) canned sweetcorn, drained

1. Preheat the air fryer to 200°C/400°F.
2. Drain the potatoes, slice into 1cm (½in) pieces and pat dry with a towel, then place in a mixing bowl. Drizzle over half the olive oil, season with salt and pepper and two-thirds of the Cajun spice, then cook in the air fryer for 10 minutes, or until crispy.
3. Meanwhile, fry the sliced onions on a medium heat with a little olive oil for 6 minutes until soft and caramelised.
4. In a saucepan, add the flour and butter and cook for a few minutes, then remove from the heat and pour in the milk. Whisk well. Return to the heat and keep whisking until it thickens and bubbles. Pour in the drained sweetcorn and add the grated cheese with plenty of seasoning and stir until the cheese has melted. Remove from the heat.
5. Once the potatoes are cooked, lay them in an oven-proof dish that fits in your air fryer. Spoon over the sweetcorn cheese sauce, then top with fried onions, jalapeños, crumbled feta and a little pinch of Cajun spice and salt and pepper. If you want, return to the air fryer for a few minutes to melt.
6. Garnish with crispy fried onions, sliced spring onions and a drizzle of BBQ sauce.

PER SERVING:

Calories: **488,** Fat **34.2g,** Saturates **16g,** Carbohydrate **30.5g,** Sugars **10.4g,** Fibre **2.9g,** Protein **16.6g,** Salt **0.7g**

Me-time food!

Snacks RECIPES

Snuggle up on the sofa and tuck in to some mouth-watering and soul-pleasing snacks...

PIZZA BISCUIT PUFFS – P62

Root vegetable fries

Serves **4** | *Prep* **10 mins** | *Cook* **15-20 mins**

2 carrots, peeled, cut into fries

2 parsnips, peeled, cut into fries

2 beetroots, peeled, cut into fries

1 tbsp olive oil

1 tsp thyme

salt and freshly ground black pepper, to taste

FOR THE LEMON GARLIC YOGHURT DIP

100g (⅓ cup) Greek yoghurt (or plant-based yogurt)

juice of ½ a lemon

1 garlic clove, peeled, minced

salt and freshly ground black pepper, to taste

1. Preheat the air fryer to 180°C/360°F for 2 minutes.
2. Toss the vegetables with the olive oil, thyme, salt and pepper. Spread the veg in a single layer in the air fryer basket and cook for 15-20 minutes, shaking halfway, until crispy and golden.
3. Mix the yoghurt, lemon juice, garlic, salt and pepper for the dip, then serve with the fries.

PER SERVING:

Calories: **388,** Fat **32.5g,** Saturates **9.4g,** Carbohydrate **5.6g,** Sugars **3.9g,** Fibre **1.2g,** Protein **18.1g,** Salt **0.6g**

Cheesy veg frittata bites

Serves **4** | *Prep* **10 mins** | *Cook* **12 mins**

6 large free-range eggs, whisked

100g (½ cup) feta cheese, crumbled

1 red pepper, diced

50g (2oz) mushrooms, chopped

50g (2oz) spinach, chopped

50g (2oz) green olives, chopped

salt and freshly ground black pepper

1. Preheat the air fryer to 170°C/340°F for 2 minutes.
2. Whisk the eggs, then add the cheese, vegetables, salt and pepper.
3. Pour into silicone cups, then air fry for 10-12 minutes until firm and golden.

PER SERVING:

Calories: **102,** Fat **3.7g,** Saturates **0.5g,** Carbohydrate **14.4g,** Sugars **6.2g,** Fibre **3.7g,** Protein **3.8g,** Salt **0.3g**

Lentil and sweet potato croquettes

Serves **4** | *Prep* **15 mins** | *Cook* **30 mins**

- 150g (¾ cup) red lentils, rinsed
- 2 medium sweet potatoes, peeled, cut into small cubes
- 1 small onion, peeled, finely chopped
- ½ tsp ground cumin
- 60g (1 cup) wholemeal breadcrumbs, fresh or packaged
- salt and freshly ground black pepper, to taste
- olive oil spray

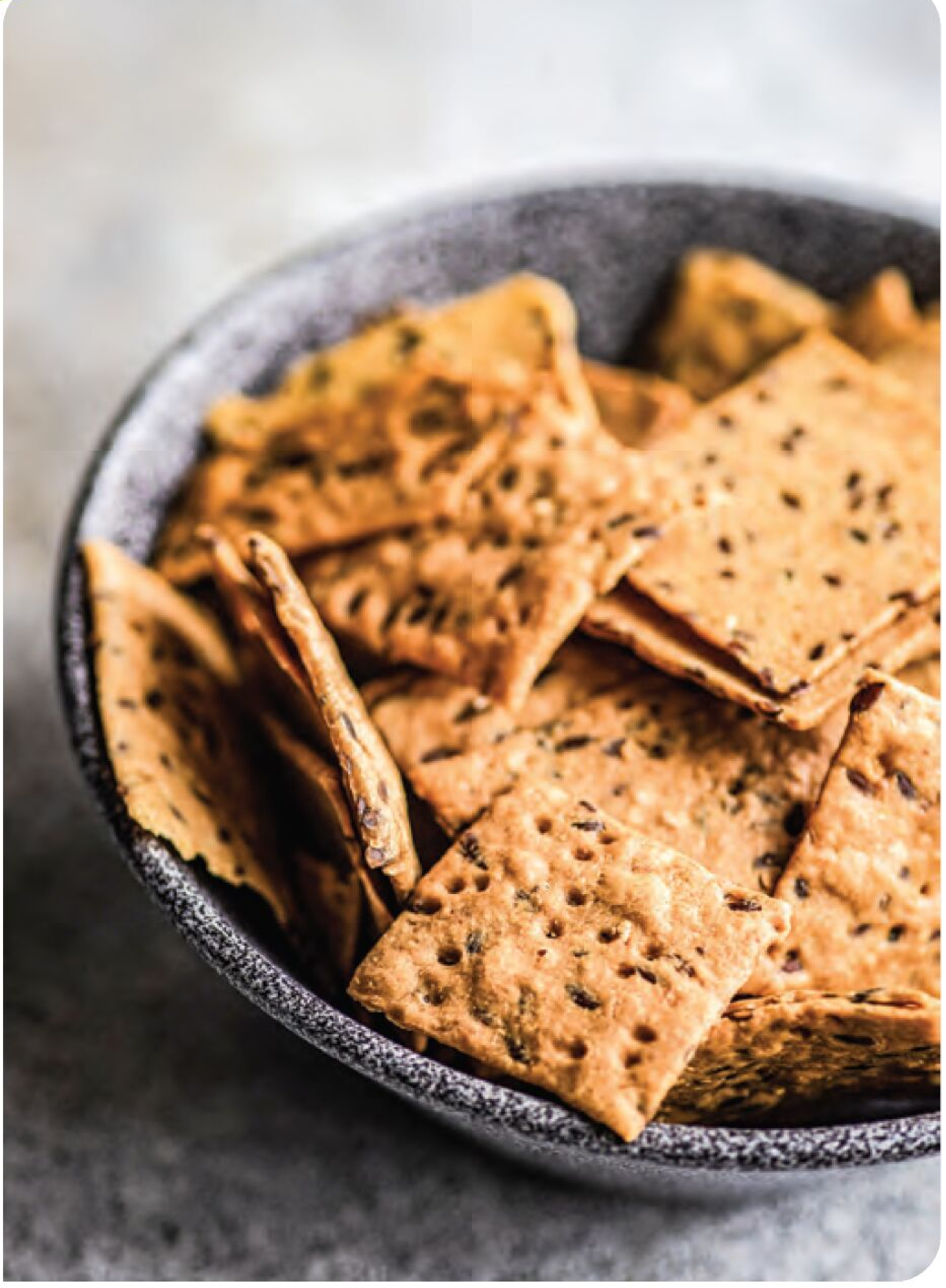
FOR THE TOMATO SALSA

- 3 medium tomatoes, diced
- 1 small red onion, peeled, finely chopped
- juice of 1 lime
- 2 tbsp olive oil
- 3 tbsp fresh coriander or mint, chopped
- salt and freshly ground black pepper, to taste

1. Preheat the air fryer to 180°C/360°F for 2 minutes.
2. Cook the red lentils in a pot of boiling water according to the packet instructions until soft. Drain and set aside.
3. Toss the cubed sweet potatoes and chopped onion with the olive oil, salt and pepper. Place in the air fryer and cook for 10-12 minutes, shaking halfway through, until the sweet potatoes are soft and the onion is golden.
4. In a large bowl, combine the cooked lentils, air-fried sweet potatoes and onion. Mash together, then add the cumin, salt and pepper.
5. Form the mixture into small croquettes and coat with breadcrumbs.
6. Lightly spray the croquettes with olive oil and air fry for 12-15 minutes until golden and crispy.
7. For the salsa, combine the tomatoes, red onion, lime juice, olive oil, herbs, salt and pepper.
8. Serve the croquettes with the fresh tomato salsa.

PER SERVING:

Calories: **311,** Fat **8.3g,** Saturates **1.3g,** Carbohydrate **48.8g,** Sugars **4.5g,** Fibre **7.1g,** Protein **12.5g,** Salt **0.3g**



Recipe and photo © Stockfood, The Food Media Agency

Healthy linseed and sesame chips

Serves **4** | *Prep* **15 mins** *plus resting* | *Cook* **30 mins** *per batch*

- 60g (½ cup) wholemeal plain flour
- 60g (½ cup) rye flour
- 60g (⅔ cup) rolled oats
- 40g (¼ cup) linseeds
- 40g (¼ cup) sesame seeds
- 1 tsp ground paprika
- 1 tsp ground cumin
- a pinch of chilli powder
- 1 tsp salt
- 40g (⅓ cup) sourdough starter
- 2 tbsp olive oil

1. In a bowl, mix the flours with the oats, linseeds, sesame seeds, paprika, cumin, chilli and salt. Stir in the sourdough, oil and approximately 250ml (1 cup) water. Cover and leave to rest for about 15 minutes. The mixture should be spreadable; add a little more water if necessary.
2. Preheat the air fryer to 150°C/300°F.
3. Cut three pieces of baking paper, approximately 20x20cm (8x8in) each. Spread the dough thinly on the baking paper and place into the basket or on the rack of the air fryer, then cook for 10 minutes.
4. Cut into 5x5cm (2x2in) pieces using a pizza cutter and return to the air fryer. Bake for 20 minutes until golden brown and crisp. Repeat to bake all the crackers. Remove from the paper and allow to cool.

PER SERVING:

Calories: **361,** Fat **20.9g,** Saturates **3.1g,** Carbohydrate **40.8g,** Sugars **1.1g,** Fibre **7.3g,** Protein **11.1g,** Salt **0.7g**

Crumbed asparagus

By Fern Green

Serves **4** | *Prep* **5 mins** | *Cook* **6-7 mins**

- 20 asparagus, tough ends snapped off
- 60g (1 cup) panko breadcrumbs
- 60g (½ cup) Parmesan cheese, grated
- 2 tbsp plain/all-purpose flour
- 2 large free-range eggs, beaten
- olive oil spray

1. Combine the panko and Parmesan in a shallow bowl. Place the egg and flour in another bowl and whisk well.
2. Dip the asparagus in the egg mixture, then in the panko-Parmesan and spray with olive oil.
3. Place the asparagus in the air fryer basket and cook at 180°C/360°F for 6-7 minutes, flipping halfway through. Depending on the size of your air fryer, you may need to do this in batches.

PER SERVING:

Calories: **300,** Fat **13.7g,** Saturates **4.5g,** Carbohydrate **19.2g,** Sugars **2.5g,** Fibre **1.6g,** Protein **24.1g,** Salt **0.4g**

Loaded sausage fries

By HECK! (www.heckfood.co.uk)

Serves **4** | *Prep* **10 mins** | *Cook* **30-45 mins**

3-4 large white potatoes
1 pack of HECK 97% Pork Sausages
Bisto sausage gravy
200g (2 cups) grated Cheddar
chopped chives, to garnish

1. Preheat the air fryer to 180°C/360°F. Place the sausages onto baking parchment and cook in the air fryer for 15 minutes until golden, then cut each sausage into 4 and place back in the air fryer for 5 minutes.
2. Wash the potatoes and cut into chip-sized pieces, keeping the skin on. Cook in the air fryer 10-15 minutes, regularly turning. If you have a dual air fryer you can do this at the same time as the sausages. If not, you will need to do this is stages or cook the sausages in the oven for the same time.
3. Make up the gravy as per the packet instructions.
4. Place your chips into an ovenproof dish that fits in your air fryer and top with the sausages. Pour over the gravy, top with cheese, then cook in the air fryer for the 7-10 minutes.
5. Remove from oven and garnish with chives before serving.

PER SERVING:

Calories: **621,** Fat **48.9g,** Saturates **21.3g,** Carbohydrate **15.8g,** Sugars **0.1g,** Fibre **1.8g,** Protein **28.9g,** Salt **1.1g**

Pizza biscuit puffs

By Sophia Kaur

Serves **4-6** | *Prep* **5 mins** | *Cook* **8 mins**

450g (1lb) tube of Grands! Flaky Layers Original Biscuits, or ready-made pizza dough

420ml (14fl oz) pizza sauce

450g (1lb) sliced mozzarella cheese

2 tbsp oregano

OPTIONAL TOPPINGS

mushrooms

olives

pepperoni

pineapple

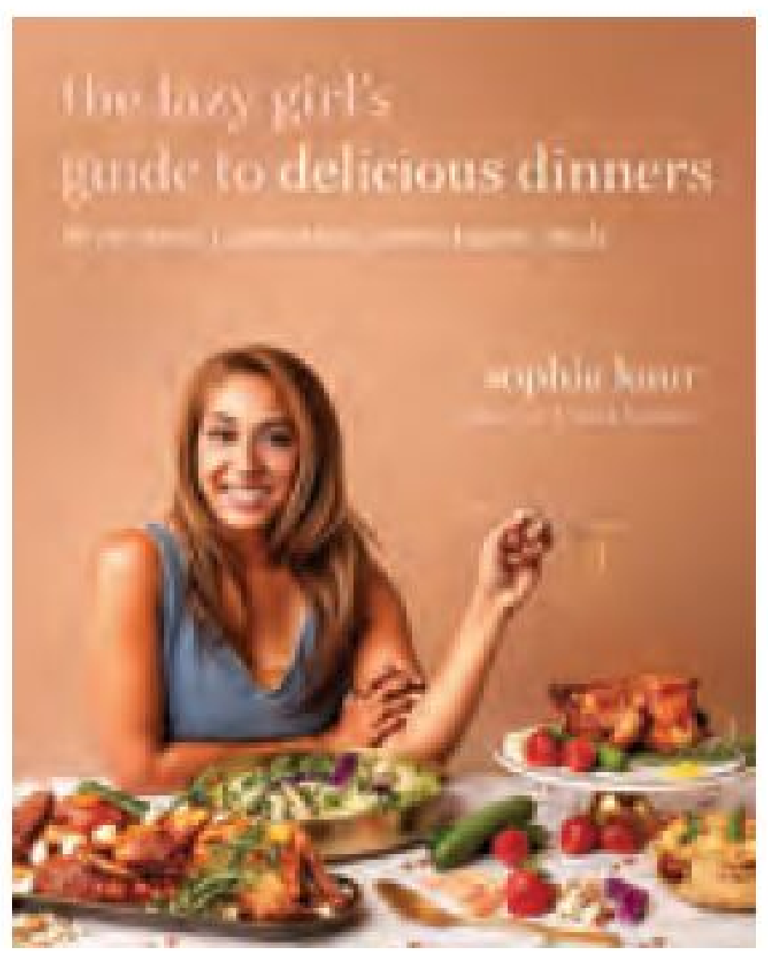
green peppers

onions

ham

1. Preheat the air fryer to 160°C/320°F. Take each biscuit/scone and split it in half horizontally. Next you can either take a rolling pin and spread them out a bit, or use your fingers and spread the biscuits/dough flat.
2. You're going to top one side of the biscuit with pizza sauce, cheese and oregano, and any other toppings you want. Cover with the other half of the biscuit and crimp the edges with a fork, making sure you have sealed the pocket all the way around.
3. Cook in the air fryer for 8 minutes.

Recipe taken from *The Lazy Girl's Guide to Delicious Dinners* by *Sophia Kaur* by Page Street *Publishing*, £17.86



PER PIZZA PUFF:

Calories: **401,** Fat **9.2g,** Saturates **1.6g,** Carbohydrate **50.2g,** Sugars **6.4g,** Fibre **4.4g,** Protein **30.1g,** Salt **1.2g**

Korean aubergine fritters

By Fern Green

Serves **2** | *Prep* **10 mins** | *Cook* **10 mins**

1 tbsp gochujang paste
1 tsp soy sauce
1 tsp sesame oil
½ tsp honey
1 tsp red wine vinegar
1 aubergine/eggplant
2 spring onions/scallions, chopped into thirds
½ tsp sesame seeds, for topping
60g (1 cup) panko breadcrumbs
spray oil
rice, to serve

1. Slice the aubergine into thick rounds horizontally, then place them on a baking sheet.
2. Create the marinade by mixing the paste, sauces, oil and honey. Spoon over a teaspoon of marinade onto each side of aubergine and allow to sit for 5 minutes.
3. Place the rounds in the air fryer, spray with oil and sprinkle a teaspoon of panko over each aubergine. Cook for 12 minutes at 180°C/360°F, adding the spring onions after 8 minutes.
4. The fritters are ready when golden and crispy on top and the aubergine is soft and cooked through. Top with sesame seeds and serve with rice.

PER SERVING:
Calories: **335,** Fat **5.6g,** Saturates **0.1g,** Carbohydrate **63.4g,** Sugars **7g,** Fibre **4.7g,** Protein **7.3g,** Salt **0.2g**

Time savers!

Midweek meals

RECIPES

Take the stress out of your weeknights with these simple meals the whole family will enjoy...

DUCK WITH POTATOES AND PRUNE RED WINE SAUCE – P68

Spiced cauliflower and green bean stir-fry

Serves **4** | *Prep* **10 mins** | *Cook* **20 mins**

1 small cauliflower, cut into florets

150g (5½oz) green beans, trimmed

1 tsp cumin seeds

salt and freshly ground black pepper, to taste

1 tbsp olive oil

FOR THE SAUCE

200ml (⅚ cup) coconut milk

2 tbsp peanut butter

2 tbsp soy sauce

1 tbsp toasted sesame oil

1 tbsp teriyaki sauce

½ tsp chilli flakes

TO SERVE

100g (½ cup) quinoa, cooked as per the packet instructions

salted peanuts, to garnish

1 Preheat the air fryer to 180°C/360°F for 2 minutes.

2 Toss the cauliflower and green beans with olive oil, cumin seeds, salt and pepper. Air fry for 12-15 minutes, shaking halfway through, until the veggies are crispy.

3 For the sauce, heat the coconut milk, peanut butter, soy sauce, sesame oil, teriyaki sauce and chilli flakes in a pan.

4 Serve the air-fried veggies over the quinoa, drizzle with the sauce, then garnish with salted peanuts.

PER SERVING:

Calories: **349,** Fat **23.5g,** Saturates **11.4g,** Carbohydrate **29.4g,** Sugars **6.5g,** Fibre **4.6g,** Protein **8.9g,** Salt **0.6g**

Ratatouille with flatbreads

Serves **4** | *Prep* **20 mins** | *Cook* **20 mins**

1 aubergine/eggplant, diced
1 courgette/zucchini, diced
1 red pepper, diced
1 onion, peeled, diced
4 tomatoes, quartered
3 tbsp olive oil
1 tsp herbs de Provence
salt and freshly ground black pepper

FOR THE FLATBREADS

100g (½ cup plus 2 tbsp) self-raising flour
75g (⅓ cup) plant-based natural yoghurt
1 tbsp sesame seeds, toasted

1 Preheat the air fryer to 180°C/360°F for 2 minutes.

2 In 1-2 heatproof dishes, toss the veggies with 1 tbsp oil, the herbs, salt and pepper. Air fry for 10-12 minutes, stirring halfway through.

3 For the flatbreads, in a large bowl, add the flour, yoghurt, 1 tbsp olive oil and a pinch of salt. Stir to combine until it comes together, then transfer to a floured board. Knead for a few minutes until you get a springy dough.

4 Divide the dough into two, then roll out the first flatbread. Rub each with the remaining olive oil and sprinkle with toasted sesame seeds. Air fry at 200°C/400°F for 4 minutes. Serve the ratatouille drizzled with more yoghurt, if desired.

PER SERVING:

Calories: **241,** Fat **12g,** Saturates **1.7g,** Carbohydrate **27.8g,** Sugars **5.1g,** Fibre **3.7g,** Protein **6.7g,** Salt **0.5g**

Steak, broccoli and potato wedges

By Lakeland (www.lakeland.co.uk)

Serves **2** | *Prep* **15 mins** | *Cook* **30-45 mins**

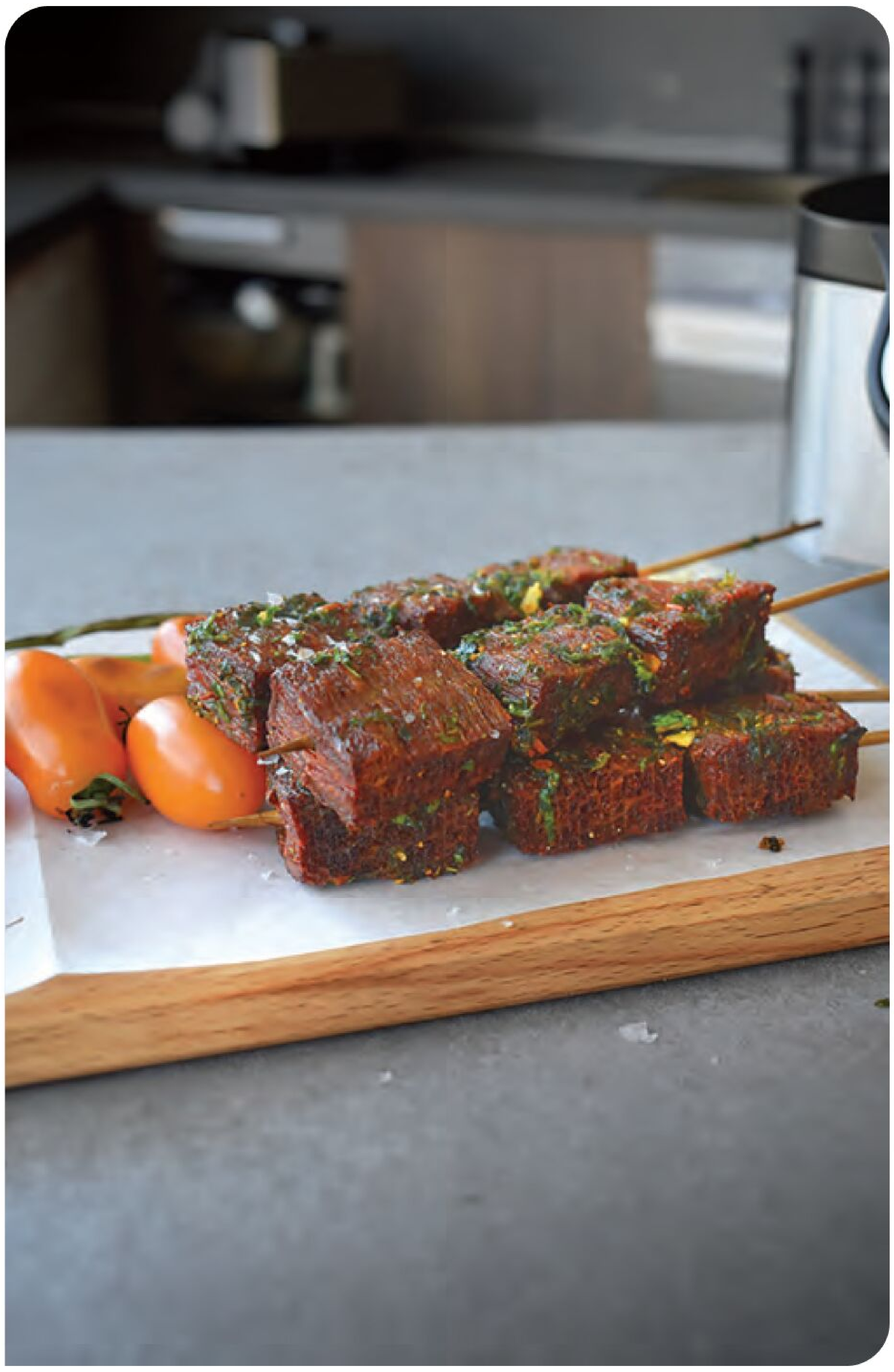
- 2 x 130g (4oz) fillet steaks
- 1 pack of tenderstem broccoli
- 3 potatoes
- Lakeland Good With Everything Herb Salt
- a drizzle of oil

1. Slice the potatoes, with the skin on, into strips and season with Lakeland Good With Everything Herb Salt, or sea salt. Slice the broccoli. Season the steak then drizzle over a little oil.
2. Using one side of the air fryer, add the wedges and cook at 180°C/360°F for 25 minutes. Once finished, add the broccoli and cook for 5 minutes at 160°C/320°F.
3. Cook the steak in the other side of the air fryer for 13 minutes, turning halfway through. Leave to rest for 5 minutes, then serve with the broccoli and wedges.

***TIP:** If you don't have a dual air fryer, you will need to cook in stages.*

PER SERVING:

Calories: **317,** Fat **8.1g,** Saturates **2.8g,** Carbohydrate **20.3g,** Sugars **1.2g,** Fibre **4.9g,** Protein **42.9g,** Salt **1g**



Redefine flank skewers

By Redefine Meat (www.redefinemeat.com)

Serves **2-3** | *Prep* **5 mins** | *Cook* **15 mins**

- 1 packet of Redefine Flank Steak, or 300g (10½oz) other vegan flank steak

FOR THE MARINADE

- a handful of parsley, finely chopped
- a handful of coriander/cilantro, finely chopped
- 3 garlic cloves, peeled, minced
- ½ tsp curry powder
- salt and freshly ground black pepper
- 2 tbsp olive oil

1. Preheat the air fryer to 180°C/360°F.
2. In a bowl, combine all the marinade ingredients.
3. Cut the steak against the grain into 1cm (½in) thick slices, thread onto skewers, then brush with the marinade.
4. Cook in the air fryer for 10 minutes, flipping the steak over halfway through for even results.
5. Place the skewers on a serving plate and season with additional salt and pepper, if desired.

PER SERVING:

Calories: **226,** Fat **14.2g,** Saturates **3.3g,** Carbohydrate **1.8g,** Sugars **0.2g,** Fibre **0.6g,** Protein **22g,** Salt **0.5g**

Tofu and veggie stir-fry

Serves **4** | *Prep* **10 mins** | *Cook* **15 mins**

400g (14oz) firm tofu, cubed
1 red pepper, sliced
1 courgette/zucchini, sliced
125g (4½oz) baby corn, halved

FOR THE SAUCE

5 tbsp soy sauce
2 tbsp toasted sesame oil
2 tbsp sweet chilli sauce
2 tbsp chilli oil, plus extra to serve

TO SERVE

200g (1 cup) brown rice, cooked according to packet instructions
salted peanuts, to garnish
sesame seeds, to garnish

1. Preheat the air fryer to 180°C/360°F.
2. In a small jar or bowl, mix the soy sauce, toasted sesame oil, sweet chilli sauce and chilli oil to make the sauce.
3. Toss the tofu and vegetables in the sauce, ensuring they are well-coated.
4. Place the tofu and vegetables in the air fryer basket, then cook for 15 minutes, shaking the basket every 5 minutes to ensure even cooking.
5. Serve over the brown rice, garnished with salted peanuts, additional chilli oil and sesame seeds.

PER SERVING:
Calories: **543,** Fat **24.4g,** Saturates **3.8g,** Carbohydrate **61.5g,** Sugars **9.6g,** Fibre **6.5g,** Protein **24.8g,** Salt **0.4g**

Duck with potatoes and prune red wine sauce

By Theo Michaels for Canned Food (www.cannedfood.co.uk)

Serves **2** | *Prep* **10 mins** | *Cook* **8-10 mins** *plus resting*

- 2 x 200g (7oz) duck breasts
- 1 tbsp olive oil
- 400g (14oz) tinned potatoes, drained, cut into chunks
- 1 tbsp cornflour/cornstarch
- salt and freshly ground black pepper
- fresh parsley, to garnish

FOR THE SAUCE

- 1 shallot or onion, peeled, finely diced
- 2 tbsp olive oil
- a pinch of thyme
- 200ml (¾ cup) red wine
- 1 large knob of butter
- ½ tbsp balsamic vinegar
- 200g (7oz) canned prunes in juice

1 Score the skin of the duck breast, rub in salt and pepper, then set aside to come to room temperature.

2 Season the potatoes, drizzle over the olive oil and finish with a dusting of cornflour.

3 Add the potatoes and duck breasts to the air fryer basket (while still cold), set the temperature to 190°C/370°F and cook for 8-10 minutes (depending how thick the duck breasts are).

4 Meanwhile, for the sauce, fry the shallot or onion in a little olive oil until softened, then pour in the red wine along with the thyme and cook on a high heat until reduced by two-thirds. Season, add the drained prunes (along with a few tablespoons of the syrup), the balsamic vinegar and the butter. Keep swirling the pan until it emulsifies and thickens, then remove from the heat.

5 Once the duck is cooked, remove from the air fryer and leave to rest for a few minutes.

6 When ready to serve, remove the potatoes from the air fryer, fold through the chopped parsley and slice the duck breast, then serve with potatoes and prune red wine sauce on the side.

TIP:* *For best results, always make sure to rest the duck for 5 minutes after cooking.

PER SERVING:

Calories: **908,** Fat **39.3g,** Saturates **12g,** Carbohydrate **79.5g,** Sugars **31g,** Fibre **8.8g,** Protein **44.7g,** Salt **0.6g**

Twice-baked potatoes with kale, ham and goat's cheese

By Waitrose & Partners (www.waitrose.com)

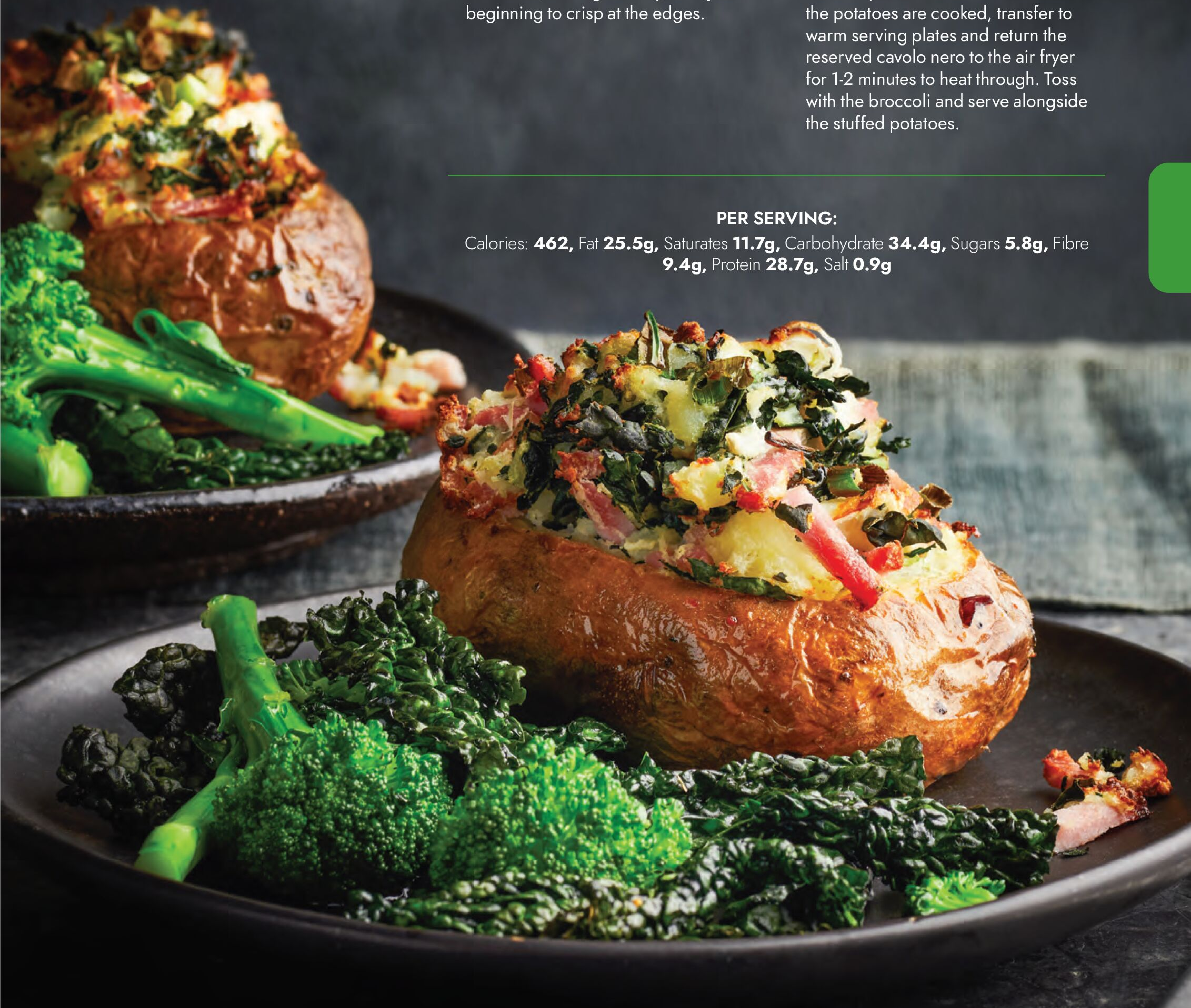
Serves **2** | *Prep* **15 mins** | *Cook* **50 mins**

- 2 large baking potatoes
- 1 tbsp olive oil
- 200g (7oz) pack of thick cut cavolo nero
- 1 garlic clove, peeled, crushed
- ½ a 180g (6OZ) pack of Cooks' Ingredients Smoked Ham Batons
- 75g (⅓ cup) soft goat's cheese
- 4 spring onions/ scallions, trimmed, finely sliced
- 200g (7oz) sweet stem broccoli, trimmed
- salt and freshly ground black pepper

1. Set the air fryer to 190°C/380°F and make sure the grate is inserted in the base of the basket. Rub the potatoes with ½ tbsp oil and season. Make a small slit in the top of each potato and put them on top of the grate. Cook for 40 minutes, turning halfway, until crisp, golden brown and tender in the centre when tested with a knife.
2. Remove the potatoes from the air fryer and, in a large bowl, use your hands to scrunch the cavolo nero with the remaining oil and the garlic; season. Tip into the air fryer and cook for 4 minutes, stirring halfway, until just beginning to crisp at the edges.
3. Set half the cavolo nero aside and tip the remainder back into the large bowl. Cut the top off each potato and carefully scoop the flesh into the bowl, leaving a border of about 1cm (½in). Add the flesh from the 'lids' too, then discard the skins from the tops. Add the ham, goat's cheese and spring onions, roughly mashing the mixture with a fork. Spoon the filling into the skins and cook in the air fryer for a final 5 minutes.
4. Meanwhile, steam the broccoli for 3-4 minutes until tender, or cook in the air fryer for the same time. Once the potatoes are cooked, transfer to warm serving plates and return the reserved cavolo nero to the air fryer for 1-2 minutes to heat through. Toss with the broccoli and serve alongside the stuffed potatoes.

PER SERVING:

Calories: **462,** Fat **25.5g,** Saturates **11.7g,** Carbohydrate **34.4g,** Sugars **5.8g,** Fibre **9.4g,** Protein **28.7g,** Salt **0.9g**



Ultimate vegan mac n cheese

By David and Stephen Flynn

Serves **3** | *Prep* **15 mins** | *Cook* **15 mins**

300g (10½oz) macaroni

FOR THE SAUCE

100g (2 cups) cashew nuts

350ml (1½ cups) oat milk

a squeeze of lemon juice

2 tbsp nutritional yeast

½ tsp garlic powder

½ tsp ground turmeric

1 tbsp mustard

FOR THE BREADCRUMB TOPPING

40g (¾ cup) breadcrumbs

3 tbsp oil

2 sprigs of fresh thyme or ½ tbsp dried thyme

2 tbsp nutritional yeast

salt and freshly ground black pepper

1 Bring a pan of salted water to the boil, then cook the macaroni according to the package instructions. Drain and rinse it under cold water to cool it down and stop it cooking.

2 Put the cashew nuts in a small pan and cover with boiling water, then gently simmer over a medium heat for 5 minutes. Drain and rinse well to remove any residue.

3 Put all the sauce ingredients in a blender, along with a teaspoon of salt and a pinch of black pepper. Blend until smooth, adjusting with a little water if it is too thick.

4 Combine the breadcrumbs with the oil, chopped fresh thyme leaves (remove the leaves from the stalk first) or dried thyme, nutritional yeast and a pinch of salt.

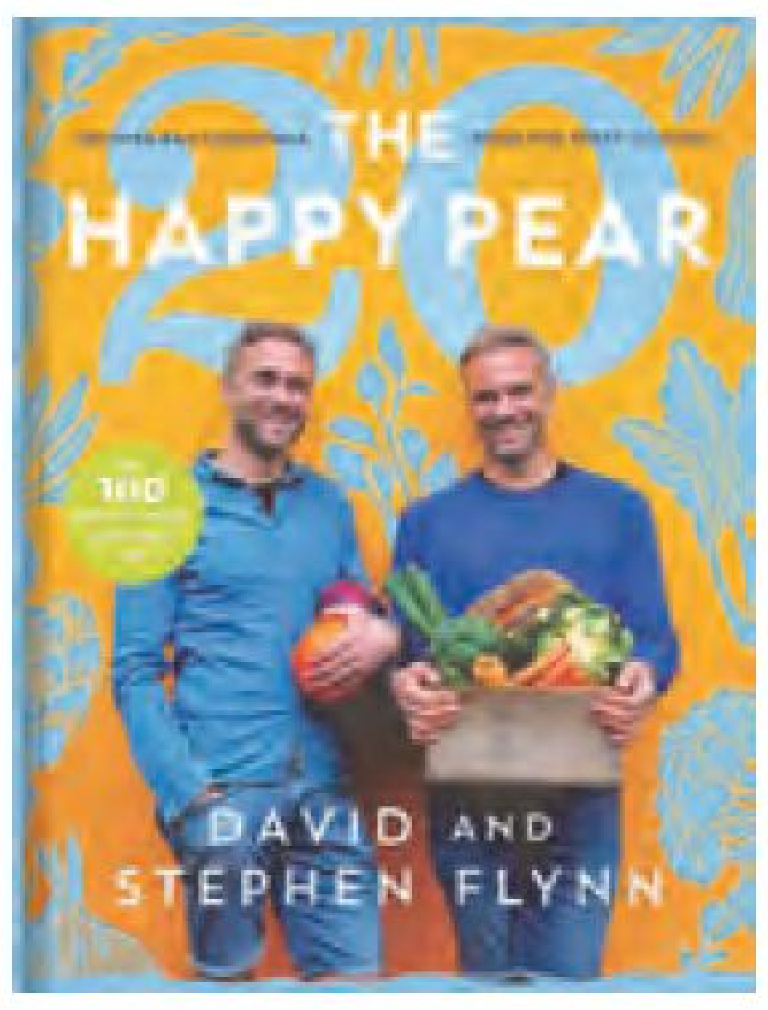
5 In the saucepan you cooked the pasta in, mix the pasta with the cheese sauce and cook over a medium heat for a couple of minutes until it reaches your desired level of creaminess.

6 Transfer the pasta mixture to a casserole dish, level it out, then evenly scatter the breadcrumb topping over it.

7 Cook for 3-5 minutes in the air fryer at 190°C/375°F, until the breadcrumbs are golden brown.

8 Remove from the air fryer and serve the mac and cheese hot and bubbling. Enjoy the rich flavours and satisfying crunch.

Recipe taken from *The Happy Pear 20: Learnings and recipes from the first 20 years* by *David and Stephen Flynn*, published by Gill Books, £23.99.



PER SERVING:
Calories: **990,** Fat **58.2g,** Saturates **29.8g,** Carbohydrate **99.9g,** Sugars **9.4g,** Fibre **8.1g,** Protein **23.5g,** Salt **0.4g**

Hearty sausage stew

By Clare Andrews

Serves **4** | *Prep* **10 mins** | *Cook* **30 mins**

8 large pork sausages
2 onions, peeled, thickly sliced
3 peppers (in a mixture of colours), deseeded, cut into 3-4cm (1-½ in) chunks
1 tbsp olive oil
300ml (1¼ cups) prepared instant gravy
1 beef jelly stock pot
2 tbsp tomato purée/paste
1 tbsp Worcestershire sauce
2 x 400g (14oz) tinned mixed beans in water
1 tsp dried sage
sea salt and ground black pepper

TO SERVE

crusty bread
English mustard

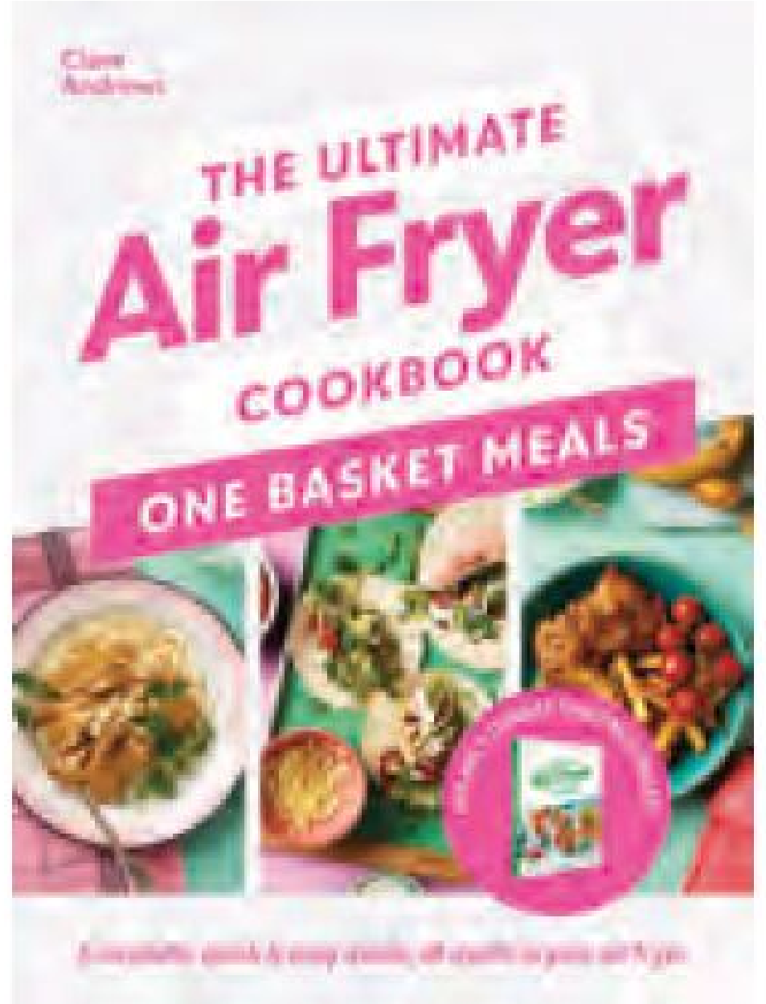
1 Start by cutting each sausage into five evenly-sized pieces and placing them in a bowl along with the onions and peppers. Add the olive oil and mix, then tip into the air fryer drawer or basket. Set the air fryer to 190°C/380°F and cook for 10-15 minutes, until the sausages are browned.

2 Meanwhile, mix up the gravy according to the packet instructions, adding the stock pot, tomato purée and Worcestershire sauce, then stir everything together well.

3 Once the sausages are brown, carefully remove the crisper plate with tongs, then add the gravy to the basket (you may need to place in an ovenproof dish depending on your air fryer), along with the tins of mixed beans (with the water too) and the dried sage. Season to taste with salt and pepper and stir well. Cook for a further 10-15 minutes at the same temperature, until the sauce has thickened slightly, stirring occasionally during cooking. If it is thickening too much, add a splash of hot water from the kettle.

4 Serve with crusty bread and a dollop of English mustard.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



PER SERVING:

Calories: **663,** Fat **51.7g,** Saturates **17.7g,** Carbohydrate **26g,** Sugars **5.3g,** Fibre **6.4g,** Protein **26g,** Salt **1.2g**

All the flavours, all the colours!

Beautiful bowls

RECIPES

Discover how to make fantastic meals all in one bowl...

SATAY CHICKEN NOODLE BOWLS – P76

Big burger bowls

By Hayley Dean

Serves **2** | *Prep* **15 mins** | *Cook* **18 mins**

FOR THE POTATO WEDGES

300g (10½oz) potatoes (such as King Edward)

salt and freshly ground black pepper

non-stick spray oil

FOR THE BEEF

250g (9oz) minced beef/ground mince (10% fat)

2 slices of burger cheese

FOR THE BIG BURGER SAUCE

1 tbsp 'light' mayonnaise

½ tbsp yellow mustard

1 tbsp tomato ketchup

a pinch of cayenne pepper

½ tsp garlic powder

1 tbsp pickled gherkin juice (from the jar)

TO SERVE

½ an iceberg lettuce

6 cherry tomatoes

¼ of an onion, peeled, sliced into rings

3 tbsp sliced gherkins (or more or less, to taste)

1 tsp toasted sesame seeds

1 Preheat the air fryer to 200°C/400°F.

2 Cut the potatoes into evenly-sized wedges. Place the wedges in the air fryer basket, spray with oil and season with plenty of salt and pepper. Cook for 10 minutes, shaking the basket halfway through.

3 Season the beef mince. Push the potato wedges over to one half of the air fryer basket, then place the mince in the other half, breaking it up with a wooden spoon. Spray the mince with oil and cook for 7-8 minutes.

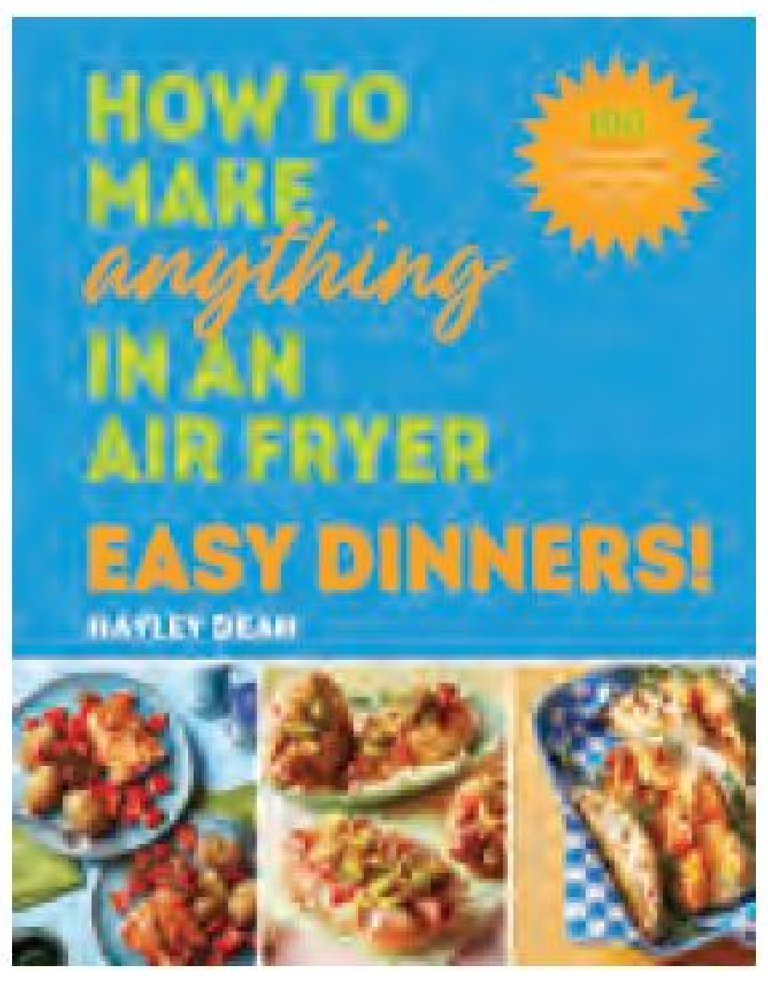
4 Meanwhile, prepare the big burger sauce by combining all the ingredients in a bowl. Shred the lettuce, chop the cherry tomatoes and finely chop the onion.

5 Remove the basket from the air fryer and lay the cheese slices on top of the cooked mince. Allow the cheese to melt outside of the air fryer.

6 Divide the shredded lettuce and potato wedges between two wide, shallow bowls. Top the lettuce with the cheeseburger mince, cherry tomatoes, chopped onion and gherkins. Drizzle over the big burger sauce and finish with a sprinkling of sesame seeds.

TIP:* *This bowl has everything that you'd find on a burger, just without the bun. I like to serve mine with potato wedges rather than fries and a bit more salad than you'd get in a burger for a more balanced meal.

Recipe taken from *How To Make Anything In An Air Fryer: Easy Dinners* by *Hayley Dean*, photography by *Hannah Hughes*, published by Ebury Press, £22.



PER SERVING:

Calories: **592,** Fat **27.2g,** Saturates **11.5g,** Carbohydrate **41.4g,** Sugars **11g,** Fibre **5.7g,** Protein **45.3g,** Salt **1g**

Satay chicken noodle bowls

By Hayley Dean

Serves **2** | *Prep* **13 mins** *plus soaking* | *Cook* **15 mins**

- 200g (7oz) baby corn and mangetout
- 2 skinless chicken breasts (about 300g (10½oz))
- ½ tbsp peanut butter
- 80ml (⅓ cup) coconut cream
- 1 tbsp soy sauce
- 1 tsp curry powder
- 300g (10½oz) ready-cooked egg noodles
- chilli flakes, to serve

FOR THE PEANUT DRIZZLE

- 1 tbsp peanut butter
- 2 tsp soy sauce
- juice of 1 lime

1 First, pop the kettle on. Halve the baby corn lengthways and place in a heatproof bowl with the mangetout. Pour freshly boiled water over the veggies to cover and leave to stand for 8 minutes.

2 Meanwhile, preheat the air fryer to 180°C/360°F.

3 Slice the chicken breasts into finger-width strips.

4 Place the peanut butter, coconut cream, soy sauce and curry powder in a bowl and mix to combine. Add the chicken strips to the bowl with the peanut sauce and toss to coat in the marinade.

5 Thread the chicken onto 4 metal skewers, place in the air fryer and cook for 4 minutes. Turn the chicken skewers over, brush with any remaining marinade and cook for a further 4 minutes. Remove the chicken skewers from the air fryer and set aside.

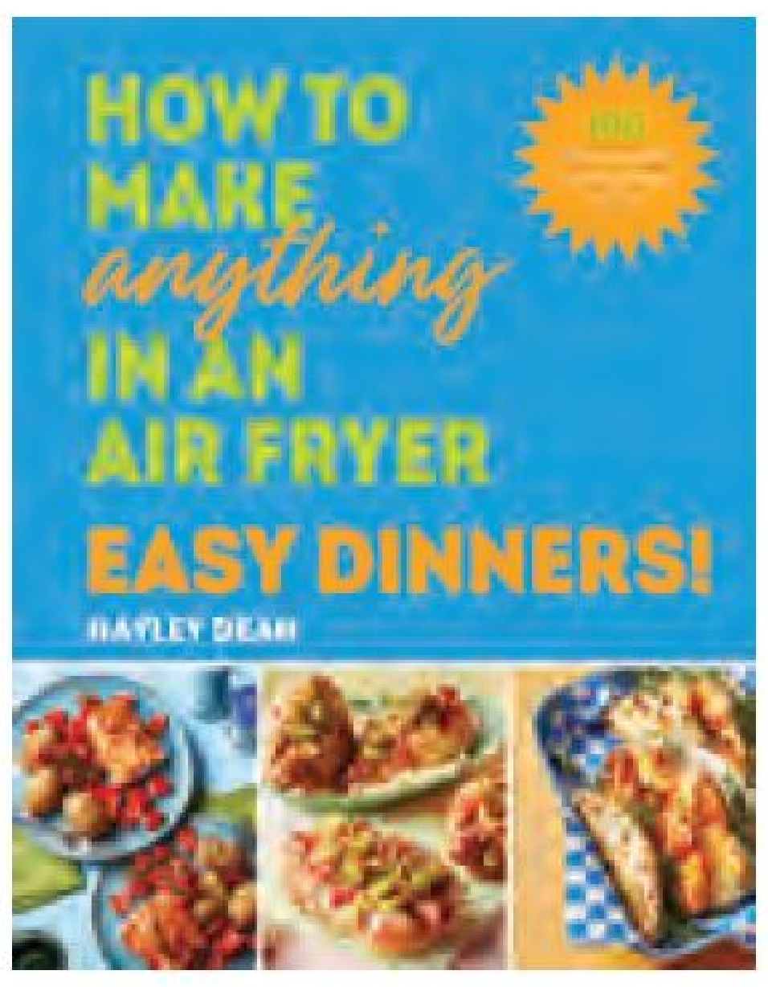
6 Drain the veggies, discarding the water and return them to the bowl, then add the noodles to the bowl and toss to combine. Tumble the noodles into the air-fryer drawer and top with the chicken skewers. Cook everything for a final 5 minutes.

7 While the noodles are cooking, combine all the ingredients for the peanut drizzle in a small bowl. Loosen the sauce with 2 tbsp boiling water, if needed. Check the sauce and add more soy sauce, to taste.

8 When ready to serve, divide the noodles and chicken skewers between two bowls. Drizzle over the peanut sauce and scatter on some chilli flakes, if liked.

TIP:* *This noodle bowl is a great option for those days when you crave something comforting, but don't have the energy to cook anything complicated. Stirred together the rich coconut cream and peanut butter creates an instant Thai-style sauce for the chicken satay.

Recipe taken from *How To Make Anything In An Air Fryer: Easy Dinners* by *Hayley Dean*, photography by *Hannah Hughes*, published by Ebury Press, £22.



PER SERVING:
Calories: **721,** Fat **28.4g,** Saturates **15.4g,** Carbohydrate **67g,** Sugars **12g,** Fibre **5.8g,** Protein **55.6g,** Salt **0.9g**

Southwest chicken burrito bowls with coriander cream

By Mary Smith

Serves **4** | *Prep* **10 mins** *plus soaking (see tip)* | *Cook* **12 mins**

- 455g (1lb) chicken breasts, boneless, skinless (about 3 breasts)
- ½ tsp salt
- 1 tsp chilli powder
- 1 tsp paprika
- ½ tsp ground cumin
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp freshly ground black pepper
- 1 tbsp olive oil
- avocado oil spray

FOR THE CORIANDER AND LIME CREAM

- 100g (¾ cup) raw, unsalted cashews
- 120ml (½ cup) water
- ½ tsp garlic powder
- ½ tsp salt
- 3 tbsp fresh lime juice
- 5g (⅓ cup) fresh coriander/cilantro

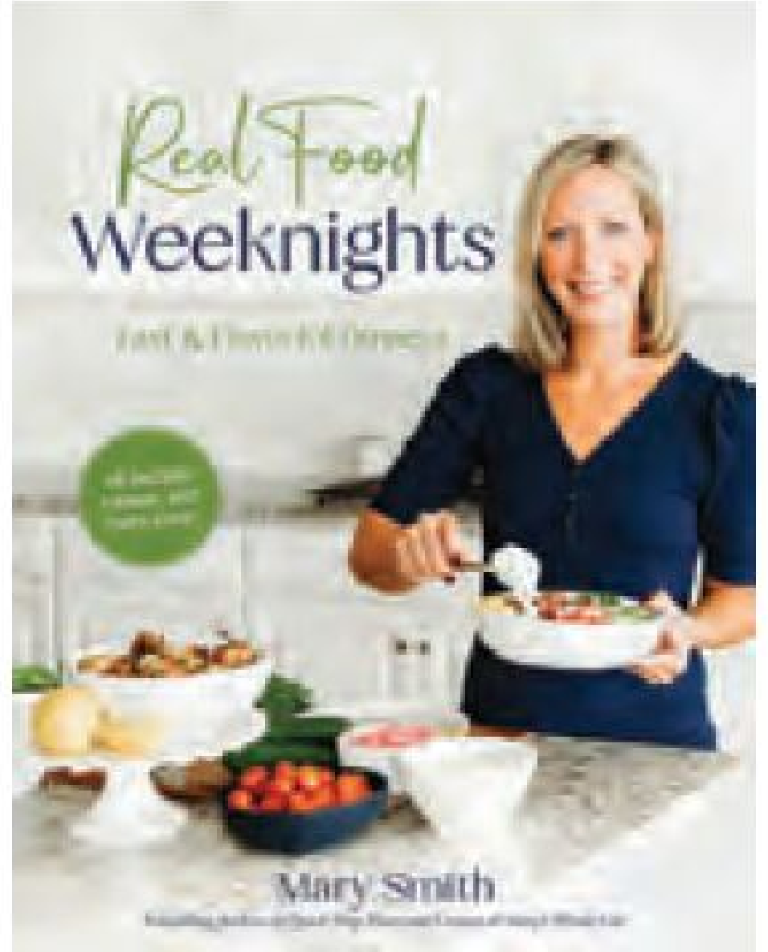
SUGGESTED BOWL ADDITIONS

- cooked rice or cauliflower rice
- black beans
- corn
- lettuce
- tomatoes
- diced avocado

1. Place the chicken breasts on a cutting board and cut them in half lengthwise if they are super thick. Cover with clingfilm. Using a meat mallet, lightly pound them until they are evenly thick (2-2.5cm (¾-1in)).
2. In a bowl, combine the salt, chilli powder, paprika, cumin, oregano, garlic powder, onion powder and black pepper. Place the chicken breasts into a large bowl and drizzle with the olive oil. Sprinkle the spice mixture on top and toss to coat the chicken.
3. Preheat the air fryer to 190°C/375°F, spray the basket with avocado oil, then cook the chicken for 7 minutes. Flip and cook for a further 2-7 minutes, or until the internal temperature reaches 73°C/165°F. The total cooking time will depend on the size of your chicken breasts.
4. Meanwhile, prepare the coriander cream. In a high-speed blender, combine the cashews, water, garlic powder, salt, lime juice and coriander, blending until smooth.
5. When the chicken is done, slice or chop it and serve in bowls with your desired accompaniments and a drizzle of the coriander cream.

***TIPS:** Soak the cashews in hot water for 30 minutes before draining and blending for best results. It helps make the sauce creamier.*

Recipe taken from *Real Food Weeknights* by *Mary Smith*, photography by *Sierra Ashleigh*, published by Page Street Publishing, £19.59.



PER SERVING:

Calories: **395,** Fat **20.4g,** Saturates **4g,** Carbohydrate **10.5g,** Sugars **1.8g,** Fibre **1.3g,** Protein **43g,** Salt **0.7g**

Shawarma hummus bowls

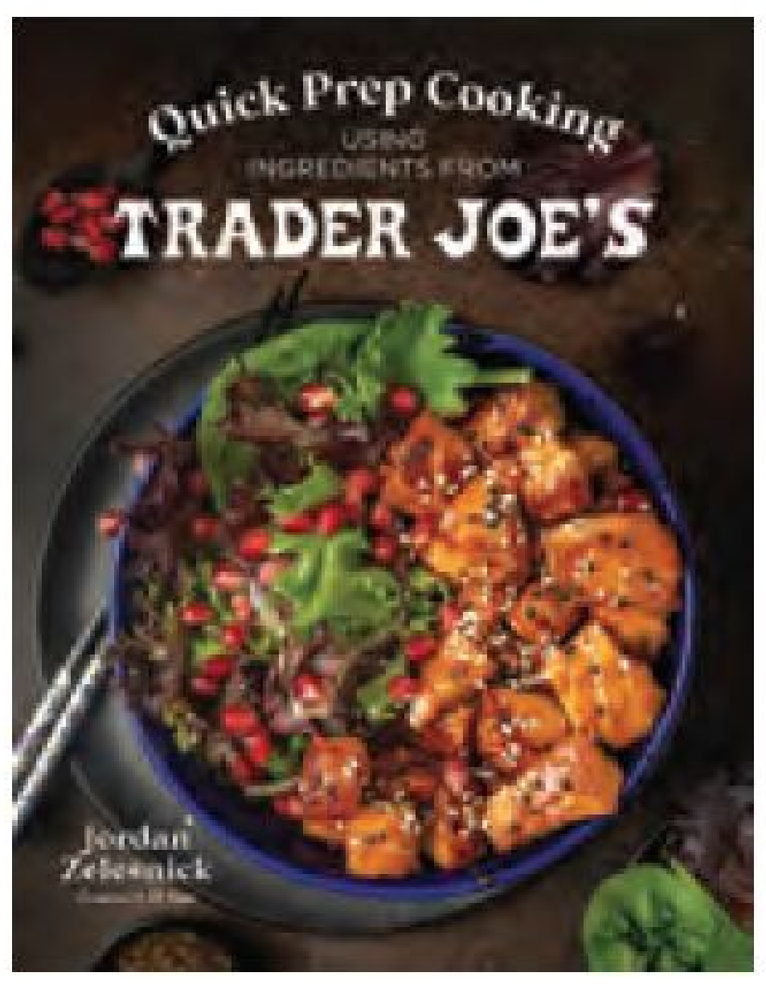
By Jordan Zelesnick

Serves **2-4** | *Prep* **10 mins** | *Cook* **30-35 mins**

- 680g (1½lb) packet of Trader Joe's Shawarma Chicken Thighs (or other spiced chicken thighs)
- 2 tbsp unsalted butter
- 1½ tsp olive oil
- 2 onions, peeled, thinly sliced
- 425g (15oz) shiitake mushrooms, sliced
- salt
- 2 garlic cloves, peeled, minced
- 2 tbsp Worcestershire sauce
- 1½ tsp umami seasoning blend
- 125g (½ cup) hummus
- 2 tbsp fresh parsley, chopped

1. Preheat the air fryer to 190°C/375°F. Place the chicken thighs in a single layer in the basket and cook for 20 minutes, flipping halfway through. Remove from the air fryer and slice into thin strips.
2. Meanwhile, in a large non-stick skillet or pan, heat the butter and olive oil over a medium heat, then add the onions and toss to coat. Let the onions cook undisturbed for 5 minutes before tossing again. Repeat this process until the onions are golden brown, about 15 minutes total.
3. Once the onions have caramelised, push them to the side and add the mushrooms along with a pinch of salt. Cover and cook for 3-4 minutes, or until the mushrooms begin to soften. Once the mushrooms have cooked down a bit, add the garlic, Worcestershire sauce and umami seasoning. Toss to coat, then continue to cook, tossing occasionally, for 8-10 minutes, or until the mushrooms have reduced by about half their size and begin to brown.
4. To serve, layer the bowls with two heaped scoops of hummus, plus the mushrooms, caramelised onions and chicken. Garnish with fresh parsley and serve.

Recipe taken from *Quick Prep Cooking Using Ingredients from Trader Joe's* by *Jordan Zelesnick*, photography by *Katrina Akafor*, published by Page Street Publishing, £10.10.



PER SERVING:

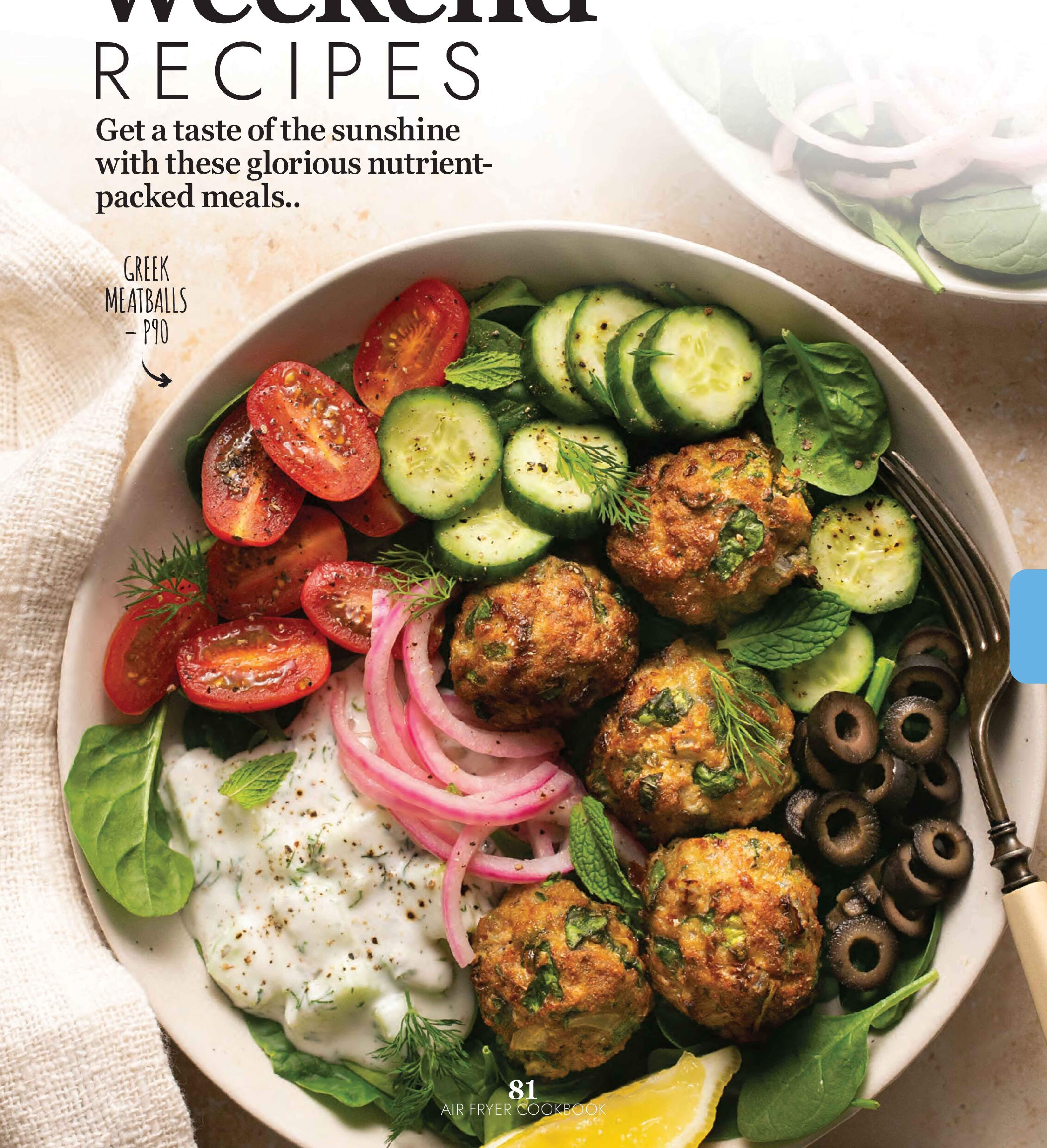
Calories: **465,** Fat **22.8g,** Saturates **7.1g,** Carbohydrate **17.2g,** Sugars **5.4g,** Fibre **3.4g,** Protein **47.8g,** Salt **0.7g**

Comfort cooking!

Mediterranean weekend

RECIPES

Get a taste of the sunshine with these glorious nutrient-packed meals..



GREEK MEATBALLS – P90

Spicy grains, roasted cauliflower and pomegranate seeds

Serves **4** | *Prep* **20 mins** | *Cook* **15-20 mins**

- 150g (⅞ cup) pearl barley
- 1 cauliflower, cut into florets
- 1 red onion, peeled, cut into thin wedges
- 4 tbsp olive oil
- 1 tsp curry powder
- salt and freshly ground black pepper
- 2 avocados, peeled, stoned, lightly mashed
- 3 tbsp lime juice
- 250g (9oz) tinned chickpeas, rinsed, drained
- 4 tbsp pomegranate seeds
- 2 tbsp sesame seeds
- 2 tbsp flaxseeds
- 2 tbsp sunflower seeds
- a handful of coriander, chopped

1 Cook the pearl barley according to the pack instructions. Drain and allow to cool. Preheat the air fryer to 180°C/360°F.

2 Mix the cauliflower and onion wedges in a bowl with 2 tbsp oil, curry powder, salt and pepper. Place in the air fryer basket and cook for 15-20 minutes until golden brown, shaking the basket 1-2 times during cooking.

3 Season the mashed avocados with 1 tbsp lime juice, salt and pepper.

4 Mix the pearl barley with the chickpeas, remaining lime juice, remaining oil, salt and pepper, then divide between bowls.

5 Top with avocado, cauliflower and onions. Serve sprinkled with pomegranate seeds, sesame seeds, flaxseeds, sunflower seeds and fresh coriander.

PER SERVING:

Calories: **668,** Fat **39.2g,** Saturates **5.4g,** Carbohydrate **69.1g,** Sugars **7.6g,** Fibre **20.7g,** Protein **18.6g,** Salt **0.2g**

Recipe and photo © Stockfood, The Food Media Agency

Recipe and photo © Stockfood, The Food Media Agency

Gnocchi gratin

Serves **4** | *Prep* **10 mins** | *Cook* **10 mins**

- 2 tbsp olive oil
- 1 red onion, peeled, diced
- 2 garlic cloves, peeled, diced
- 500g (1lb 1oz) tinned chopped tomatoes
- 100g (½ cup) crème fraîche
- 1 tsp dried Italian herbs
- salt and freshly ground black pepper
- 1 leek, sliced
- 500g (1lb 1oz) gnocchi
- 60g (¼ cup) grated mozzarella

1. Heat the oil in a pan and fry the onion and garlic until softened. Add the chopped tomatoes and simmer for 5 minutes. Stir in the crème fraîche and season with Italian herbs, salt and black pepper.
2. Cook the leek and gnocchi in a pan of boiling salted water for 2 minutes. Drain well.
3. Preheat the air fryer to 180°C/360°F.
4. Place the gnocchi and leek into a 20cm (8in) gratin dish or suitable air fryer dish and pour over the tomato sauce. Sprinkle with grated mozzarella and place in the air fryer basket or on the rack. Cook for 15 minutes until golden brown. Serve with freshly ground black pepper.

PER SERVING:

Calories: **327,** Fat **17.8g,** Saturates **7.6g,** Carbohydrate **33.5g,** Sugars **7.7g,** Fibre **3.9g,** Protein **10.2g,** Salt **0.7g**

Sweet potato and chorizo hash

By Fern Green

Serve **1-2** | *Prep* **5 mins** | *Cook* **15 mins**

- 300g (10½oz) sweet potatoes, peeled, cubed
- 1 tbsp oil
- ½ tbsp paprika
- 100g (3½oz) chorizo, cubed
- 1 garlic clove, peeled, grated
- a pinch of dried chilli flakes
- 2 tbsp Greek-style yoghurt
- 1 tbsp parsley, chopped
- salt and freshly ground black pepper
- olive oil spray
- toasted sourdough and poached eggs, to serve

1. Mix the sweet potatoes with the oil and paprika in a bowl. Season, then place in the air fryer and cook for 12 minutes at 190°C/380°F.
2. Add the chorizo, garlic and chilli and cook for a further 2 minutes.
3. Serve with toasted sourdough and a poached egg. Add a spoonful of yoghurt and sprinkle over some parsley for the finishing touch.

PER SERVING:

Calories: **411,** Fat **27g,** Saturates **8.7g,** Carbohydrate **27.1g,** Sugars **2.9g,** Fibre **3.3g,** Protein **15.8g,** Salt **0.8g**

Mozzarella and meatball calzones

By Dorling Kindersley

Makes **4** | *Prep* **20 mins** *plus proving and cooling* | *Cook* **27-28 mins**

¼ tsp active dried yeast
150-175ml (⅔-¾ cup) lukewarm water
250g (1¾ cups) strong white bread flour, plus extra for dusting
½ tsp caster/superfine sugar
½ tsp salt

FOR THE FILLING

1 shallot, peeled, finely chopped
12 small meatballs
2 tbsp olive oil, plus extra for drizzling
½ tsp fine sea salt
½ tsp freshly ground black pepper
200g (7oz) passata/strained tomatoes
1 garlic clove, peeled, finely chopped
1 basil sprig
100g (scant 1 cup) pre-grated mozzarella

1 Sprinkle the yeast over the lukewarm milk. Let sit for 2 minutes until foaming.

2 Place the flour, sugar and salt in a large mixing bowl or a stand mixer with a dough hook. Add the yeasted water, then stir with a wooden spoon until a shaggy dough forms.

3 Knead for 5-8 minutes until smooth and elastic. Place in an oiled bowl, cover with clingfilm, then set aside in a warm spot for 1 hour (it will rise a bit, but not double in size).

4 Preheat the air fryer to 200°C/400°F.

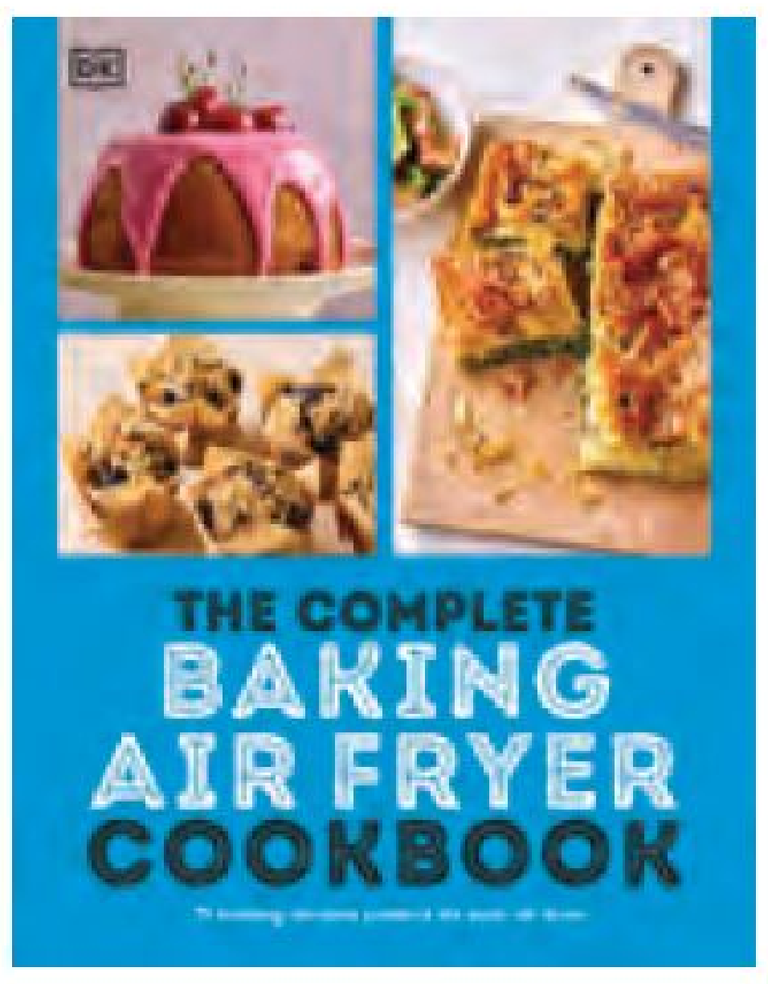
5 For the filling, combine the shallot, meatballs, oil and seasoning in a heatproof dish. Cook in the air fryer for 5 minutes. Stir in the passata and garlic, then submerge the basil in the sauce. Cook for 10 minutes at 180°C/360°F, then place on a wire rack to cool.

6 Once the meatballs are cool and the dough has proved, on a floured surface, cut the dough into four pieces. Roll each piece into a 15cm (6in) circle.

7 Place three meatballs, a tablespoon of sauce, and one-quarter of the mozzarella in the centre of each circle. Lift the two edges to meet in the middle, then pinch all the way along to seal in the filling. Cut a 1cm (½in) slit in the centre to allow steam to escape.

8 Preheat the air fryer to 180°C/350°F for 3 minutes. Put in the air fryer basket, drizzle with olive oil, then cook for 12 minutes, or until golden brown. Allow to cool in the basket for a few minutes, then cool on a wire rack for 10 minutes before serving.

Recipe taken from *The Complete Baking Air Fryer Cookbook: 75 Baking Recipes Perfect for Your Air Fryer* by *Dorling Kindersley*, photography by *Tony Briscoe*, published by DK, £16.99.



PER CALZONE:
Calories: **455,** Fat **24.3g,** Saturates **7.9g,** Carbohydrate **39.1g,** Sugars **7.6g,** Fibre **3.7g,** Protein **20.3g,** Salt **1.2g**

Sausage ragu pie

By Dorling Kindersley

Serves **4-6** | *Prep* **30 mins** *plus cooling* | *Cook* **1 hr 40 mins**

2 banana shallots, peeled, thinly sliced
1 celery stick, thinly sliced
1 carrot, peeled, finely chopped
2 tbsp olive oil
400g (14oz) sausagemeat
1 garlic clove, peeled, crushed
400g (14oz) tinned chopped plum tomatoes
3½ tbsp red wine
100g (3½oz) Romano red peppers, roughly chopped
1 bay leaf
3 sprigs of rosemary
1 free-range egg, beaten
flaked sea salt

FOR THE SHORTCRUST PASTRY

200g (1½ cups) plain/all-purpose flour, plus extra for dusting
100g (½ cup) salted butter, cold
4 tbsp cold water

1 For the pastry, place the flour in a bowl. Using a box grater, grate in the butter. Rub the flour and butter together until you have a chunky crumb. Add the cold water and mix with your hands until the dough forms a shaggy ball.

2 Knead the dough gently on a lightly floured surface for 30 seconds until all the flour is absorbed, but you can still see flecks of butter. Form it into a 2.5cm (1in) thick disc, wrap in clingfilm, then chill it while you make the filling.

3 Preheat the air fryer to 190°C/375°F.

4 Place the shallots, celery and carrot in a heatproof dish with the olive oil and a sprinkle of salt. Cook in the air fryer for 10 minutes. Stir, then add the sausagemeat and cook for 10 minutes. Use a spoon to break up the meat, then add the garlic, tinned tomatoes and red wine.

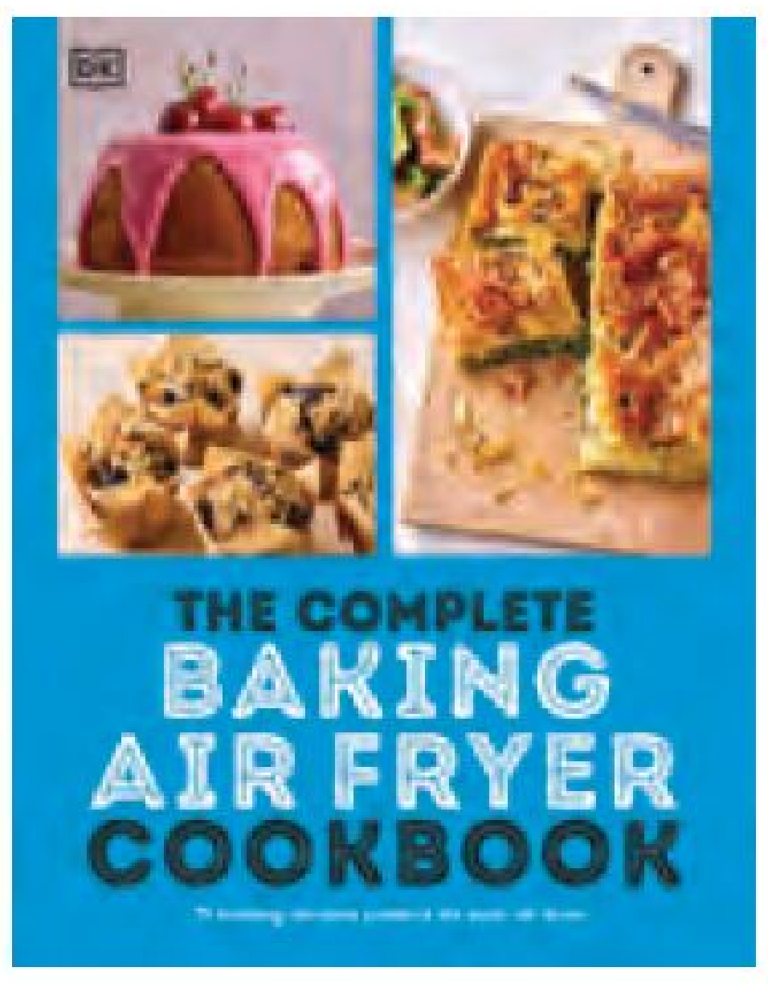
5 Use 100ml (⅓ cup) water to rinse the tomato tin and add this, along with the Romano peppers. Stir, then submerge the bay leaf and rosemary. Cook for 40 minutes at 190°C/375°F, stirring halfway through.

6 Spoon the ragu into a 22cm (9in) metal pie tin. Allow to cool for 30 minutes.

7 Roll out the pastry to a 25cm (10in) disc. Brush the edges of the dish with egg, then add the pastry lid. Press the edges down to seal it to the dish. Trim off any excess and crimp the rim. Brush with egg and sprinkle with flaked salt. Cut a 3cm (1¼in) slit in the lid for steam to escape.

8 Preheat the air fryer to 180°C/350°F, then cook the pie for 35-40 minutes until golden brown. Allow to cool for 10 minutes before serving.

Recipe taken from *The Complete Baking Air Fryer Cookbook: 75 Baking Recipes Perfect for Your Air Fryer* by *Dorling Kindersley*, photography by *Tony Briscoe*, published by DK, £16.99.



PER SERVING:
Calories: **602,** Fat **43.3g,** Saturates **17.9g,** Carbohydrate **32.2g,** Sugars **3g,** Fibre **2.3g,** Protein **19.3g,** Salt **0.7g**

Baked leek and mushroom orzo

By Hayley Dean

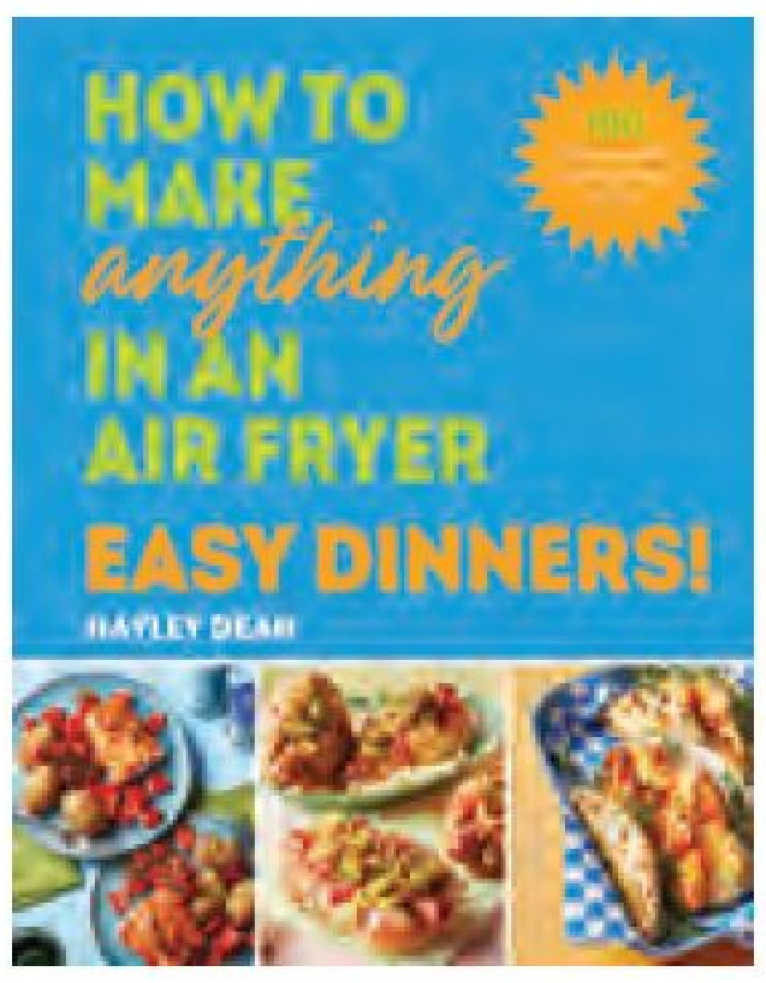
Serves **2** | *Prep* **5 mins** *plus soaking* | *Cook* **22 mins**

150g (¾ cup) orzo
100g (3½oz) mushrooms, sliced
80g (⅔ cup) cream cheese with chives
100ml (⅖ cup) hot vegetable stock/bouillon
1 small leek, sliced
1 tbsp Parmesan, finely grated
salt and freshly ground black pepper
non-stick spray oil

1. Put the orzo into a heatproof bowl and pop the kettle on to boil. Pour boiling water over the orzo and leave to soak for 10 minutes. Drain the orzo and return it to the bowl.
2. Meanwhile, preheat the air fryer to 180°C/360°F. Place the mushrooms in the air-fryer basket, spray with oil, season with salt and pepper, then cook for 4 minutes. Transfer to a plate and set aside.
3. Combine the cream cheese and hot vegetable stock in a jug, then pour over the orzo in the bowl. Add the sliced leeks, season with salt and pepper, then mix to combine.
4. Tip the orzo mixture into an ovenproof dish, cover with foil and cook in the air fryer for 15 minutes, carefully stirring halfway through
5. After 15 minutes, remove the foil, stir through the mushrooms, scatter over the Parmesan and cook (uncovered) for 3 minutes, or until the cheese is golden.

TIPS: ***If you've not cooked with orzo before, this recipe is the perfect introduction. The tiny pasta shapes, almost like grains of rice, are brilliant for traybakes as they soften yet keep their shape, making orzo really filling. This orzo bake is a deliciously comforting dinner made with just six ingredients. This is a fantastic base recipe that you can adapt by adding anything you fancy to the orzo. I've kept it meat-free, but you could add a handful of chopped ham or chunks of chorizo.***

Recipe taken from *How To Make Anything In An Air Fryer: Easy Dinners* by *Hayley Dean*, photography by Hannah Hughes, published by Ebury Press, £22.



PER SERVING:
Calories: **393,** Fat **17.2g,** Saturates **8.9g,** Carbohydrate **37.4g,** Sugars **4.6g,** Fibre **3.6g,** Protein **24.8g,** Salt **1.3g**

Turkey and potato kofte

By Fern Green

Makes **8** | *Prep* **10 mins** | *Cook* **10 mins**

300g (10½oz) turkey mince/ground turkey
150g (5½oz) mashed potato
a small bunch of flat-leaf parsley
2 small shallots, peeled
2 garlic cloves, peeled
½ tsp smoked paprika
½ tsp ground cumin
a pinch of cayenne pepper
1 tsp sea salt
freshly ground black pepper
olive oil spray
rice, pitta, salad or hummus, to serve

1 Place all of the ingredients, apart from the mashed potato, into a food processor and pulse until fully combined.

2 Turn out into a bowl and add the mashed potato. Stir thoroughly.

3 Using wet hands, make 8 little sausage shapes. Spray with a little olive oil and cook in the air fryer basket at 200°C/400°F for 10 minutes. Serve with rice, pitta bread, salad or hummus.

PER KOFTE:

Calories: **79,** Fat **3.3g,** Saturates **0.8g,** Carbohydrate **4.5g,** Sugars **0.5g,** Fibre **0.7g,** Protein **8g,** Salt **0.3g**

Greek meatballs

By Mary Smith

Serves **4** | *Prep* **10 mins** | *Cook* **10 mins**

FOR THE MEATBALLS

- 455g (1lb) minced/ground turkey
- 1 large free-range egg
- 30g (1 cup) fresh spinach, finely chopped
- 2 garlic cloves, peeled, minced
- 40g (¼ cup) finely diced red onion
- 35g (⅓ cup) almond flour
- 1 tbsp coconut aminos
- 1 tbsp dried parsley flakes
- 1 tsp dried oregano
- 1 tsp dried thyme
- ¾ tsp salt
- avocado oil spray

FOR THE TZATZIKI

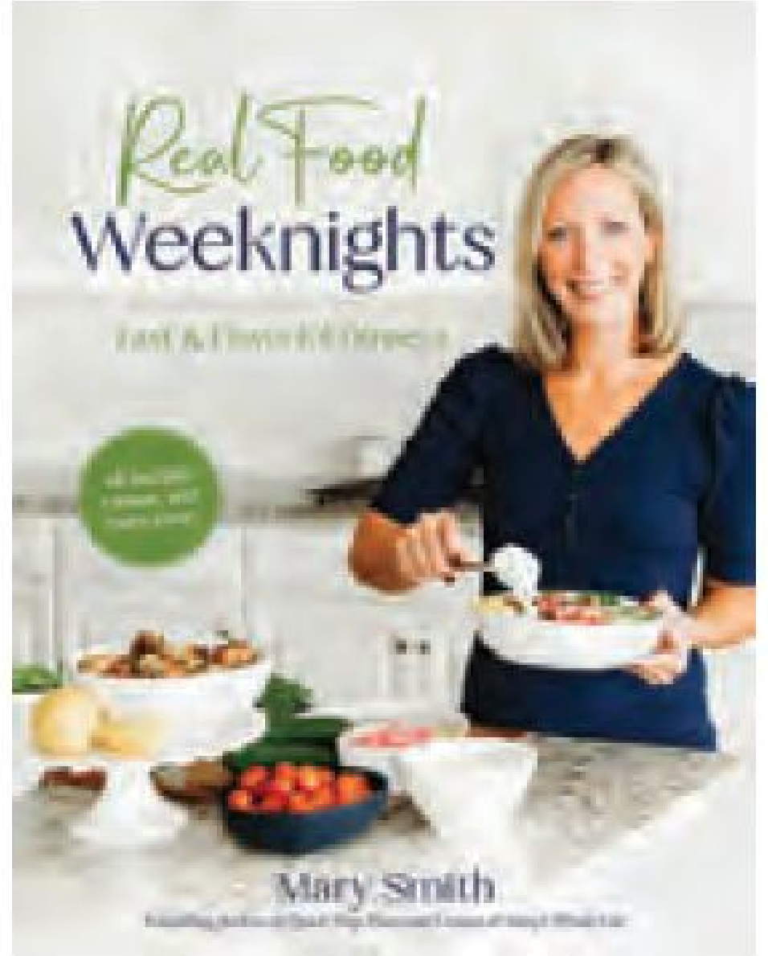
- 120ml (½ cup) full-fat coconut or almond milk
- 115ml (½ cup) mayonnaise
- 1 tbsp fresh lemon juice
- 2 garlic cloves, peeled, minced
- 2 tbsp chopped fresh dill
- 90g (¾ cup) cucumber, peeled, diced
- ½ tsp red wine vinegar
- ½ tsp dried oregano
- ¼ tsp sea salt

TO SERVE

- cucumbers, tomatoes, spinach, olives and pickled onions

1. For the meatballs, in a large bowl, combine the turkey, egg, spinach, garlic, red onion, almond flour, coconut aminos, parsley, oregano, thyme and salt, mixing with your hands. Do not over-mix. Roll the meat mixture into 12 golf ball-sized balls.
2. Preheat the air fryer to 200°C/400°F. Spray the basket with avocado oil, then add the meatballs in a single layer and lightly spray. Air fry for 5 minutes, then flip and cook for an additional 5 minutes. Cook in batches if needed.
3. For the tzatziki, in a medium bowl, combine the coconut milk, mayonnaise, lemon juice, garlic, dill, diced cucumber, red wine vinegar, dried oregano and salt, stirring well to incorporate.
4. Serve the meatballs in a bowl with cucumbers, tomatoes, spinach, olives and pickled red onions, and drizzle with the tzatziki.

TIPS:* *Feel free to substitute minced chicken or lamb for the turkey, if preferred. Dipping your hands into a bowl of water after rolling each meatball helps prevent sticking.



Recipe taken from *Real Food Weeknights* by *Mary Smith*, photography by *Sierra Ashleigh*, published by Page Street Publishing, £19.59.

PER SERVING:
Calories: **519,** Fat **43.4g,** Saturates **12.8g,** Carbohydrate **7.1g,** Sugars **2.7g,** Fibre **2.5g,** Protein **27.3g,** Salt **0.9g**

Chilli con carne potatoes with avocado salad

Serves **4** | *Prep* **20 mins** | *Cook* **40 mins**

FOR THE POTATOES

- 4 waxy potatoes
- salt
- 80g (⅓ cup) grated Cheddar
- 2 coriander sprigs, to garnish

FOR THE SALAD

- 2 tomatoes, deseeded, diced
- 2 spring onions/scallions, thinly sliced
- 1 avocado, stoned, peeled, diced
- 2 tbsp lime juice

FOR THE CHILLI

- 1 tbsp vegetable oil
- 400g (14oz) minced/ground beef
- 1 red onion, peeled, diced
- 1 garlic clove, peeled, diced
- 40g (¼ cup) tinned chickpeas, drained, rinsed
- 40g (¼ cup) tinned sweetcorn, drained, rinsed
- 40g (¼ cup) tinned kidney beans, drained, rinsed
- 250g (9oz) tinned chopped tomatoes
- ground cumin
- freshly ground black pepper
- dried chilli flakes

1. Cook the potatoes in a pan of boiling salted water for about 20 minutes until just tender.
2. Heat the oil in a pan and fry the mince until well browned, breaking up with a spatula as it cooks. Add the onions and garlic and cook until softened. Add the chickpeas, sweetcorn, kidney beans and tomatoes to the pan. Season with cumin, salt, black pepper and chilli flakes. Cook for about 5 minutes until slightly thickened. Adjust the seasoning if necessary, adding a bit of water if needed.
3. Allow the potatoes to cool slightly, then cut in half lengthways. Scoop out a small hollow from each, dice the scooped out potato and mix it into the beef mixture.
4. Preheat the air fryer to 180°C/360°F for 5 minutes. Line the air fryer basket with baking paper.
5. Place the potato halves onto the paper in the basket. Fill with the minced beef mixture and sprinkle with cheese. Bake for 20 minutes until golden brown.
6. For the salad, mix all the ingredients together and season with salt. Serve with the potatoes and garnish with fresh coriander.

PER SERVING:

Calories: **514,** Fat **26g,** Saturates **9.5g,** Carbohydrate **32.5g,** Sugars **6.3g,** Fibre **7.2g,** Protein **38.7g,** Salt **0.4g**

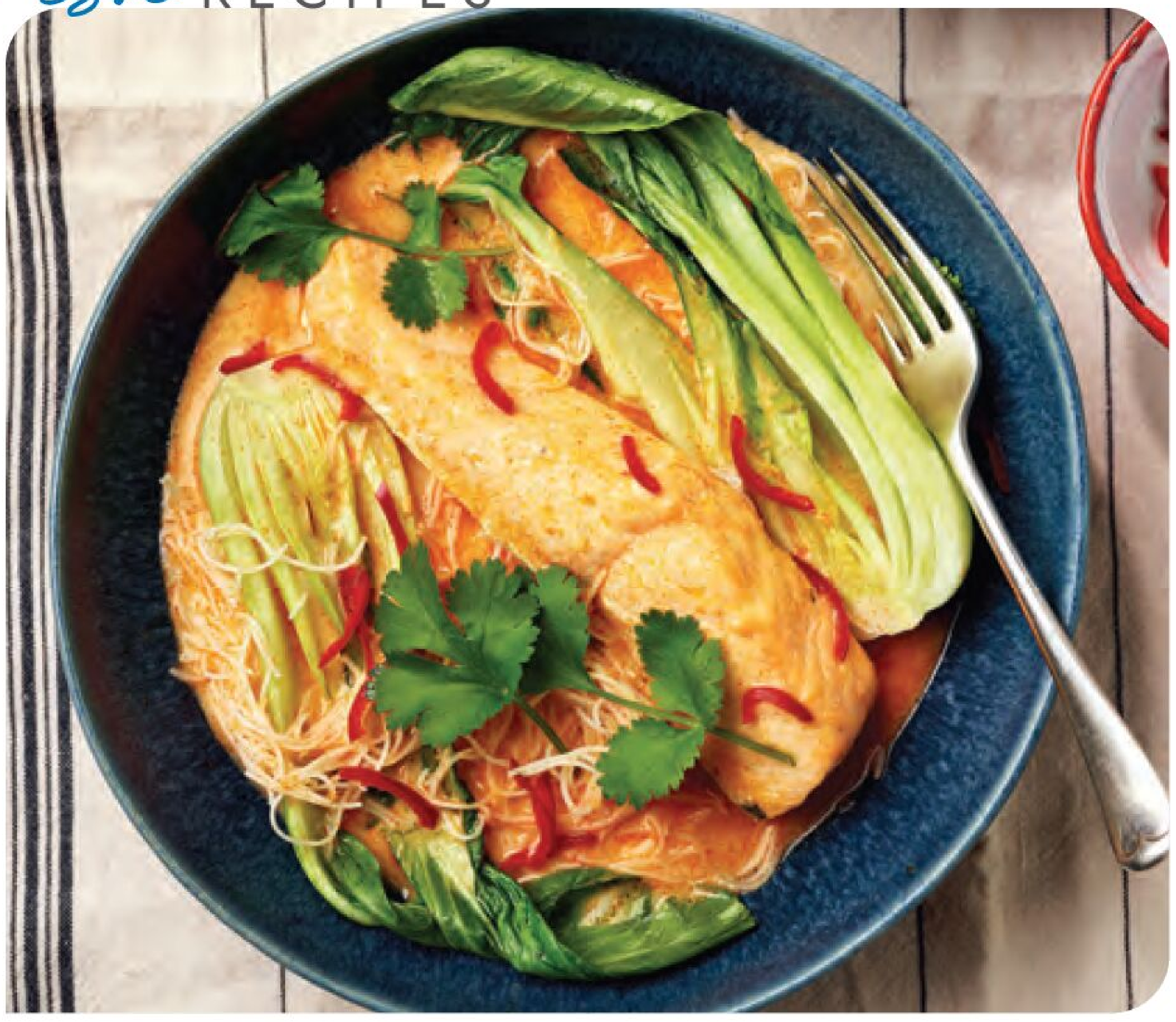
Recipe and photo © Stockfood, The Food Media Agency

A taste of the sea!

Fish
RECIPES

Bring the ocean to your plate with these light and fragrant dishes...

HERB CRUSTED COD ON BEANS – P94



Thai salmon noodle soup

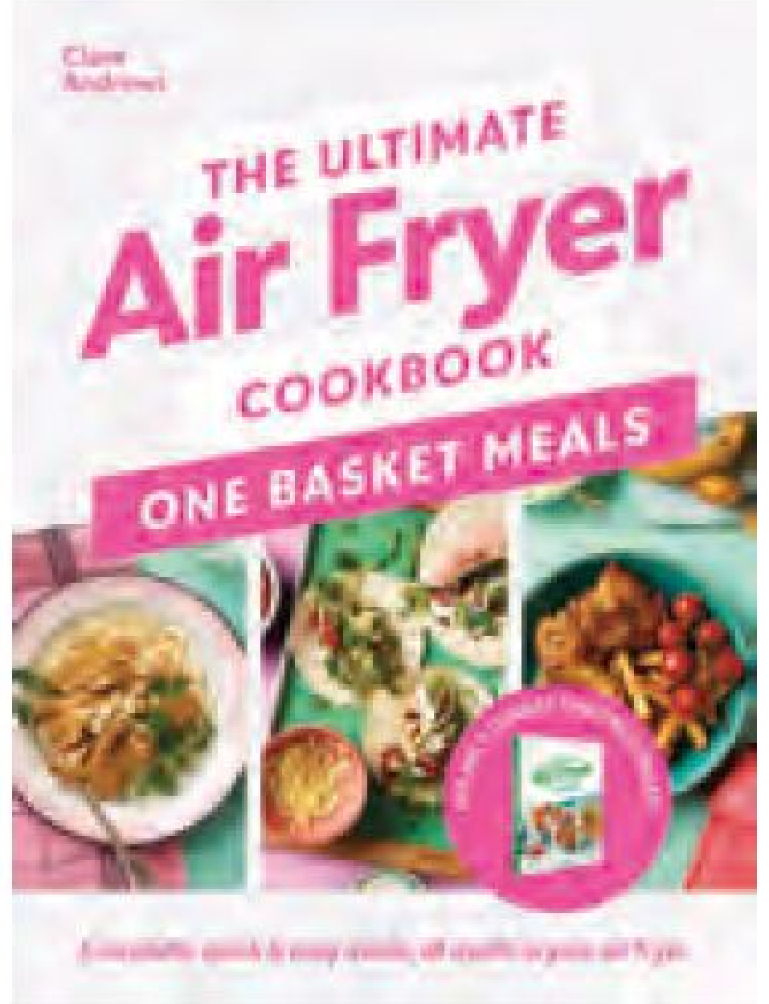
By Clare Andrews

Serves **4** | *Prep* **10 mins** | *Cook* **20 mins**

4 salmon fillets
olive or vegetable oil spray
550ml (2¼ cups) hot fish stock/bouillon
3-4 tbsp red Thai curry paste, or to taste
a thumb-sized piece of fresh ginger, grated
2 fresh lemongrass stalks, bashed
400ml (14fl oz) tinned coconut milk
4 small pak choi, halved
275g (9oz) pack of fresh rice noodles
a handful of fresh coriander
1 red chilli, deseeded, finely sliced

1. Remove the crisper plate from the air fryer and set it to 190°C/380°F. Place the salmon fillets directly into the basket, spray them with a little oil and cook for 8-10 minutes until almost cooked through.
2. While the fish is cooking, prepare the fish stock. Once the salmon is cooked, add the curry paste, hot stock, ginger, lemongrass stalks, coconut milk and pak choi to the air fryer. Cook for a further 5 minutes, stirring a few times during cooking and making sure the pak choi leaves stay submerged in the liquid.
3. Add the rice noodles, stir well, then cook for a further 5 minutes, stirring halfway through cooking, until everything is piping hot. Remove the lemongrass stalks from the soup.
4. Serve the soup sprinkled with fresh coriander and red chilli slices.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



Clare Andrews
THE ULTIMATE
Air Fryer
COOKBOOK
ONE BASKET MEALS

PER SERVING:
Calories: **710,** Fat **34.4g,** Saturates **22.8g,** Carbohydrate **63.2g,** Sugars **4.3g,** Fibre **3.9g,** Protein **36.8g,** Salt **0.3g**

Herb crusted cod on beans

By Canned Food (www.cannedfood.co.uk)

Serves **2** | *Prep* **10 mins** | *Cook* **8-10 mins**

2 x 150g (5½oz) cod loins

FOR THE HERB CRUST

1 slice of crusty bread
a handful of fresh parsley or coriander
5cm (2in) piece of lemon zest
1 tbsp olive oil
rustic bread, to serve

FOR THE BEAN STEW

400g (14oz) tinned cherry tomatoes
400g (14oz) tinned butter beans, drained
1 garlic clove, peeled, crushed
1 tsp smoked paprika
2 tbsp honey
2 tbsp olive oil
a pinch of salt and freshly ground black pepper

1. Mix all the bean stew ingredients together and place into a snug fitting oven-safe baking dish (so the beans sit about an 2.5cm (1in) deep).
2. In a food processor, blitz together all the herb crust ingredients and season again.
3. Spoon the herb mixture onto each piece of cod and gently pat down. Place the fish on top of the beans and cook the whole tray in the air-fryer at 180°C/360°F for 8-10 minutes, depending on thickness of the cod.
4. Remove from the air fryer and serve with rustic bread.

PER SERVING:
Calories: **548,** Fat **23.2g,** Saturates **3.3g,** Carbohydrate **57.2g,** Sugars **24.1g,** Fibre **6.5g,** Protein **35.5g,** Salt **0.8g**

Smoked salmon blini canapés

By Lakeland (www.lakeland.co.uk)

Makes **4** | *Prep* **5 mins** | *Cook* **6 mins**

- 100g (¾ cup) plain/all-purpose flour
- 1 free-range egg, separated
- 150ml (¾ cup) milk
- 1¾ tbsp butter, melted
- a bunch of chives, snipped
- a drizzle of sunflower oil
- 200g (7oz) smoked salmon
- 2 tbsp sour cream
- salt and freshly ground black pepper

1. For the blini mix, tip the flour into a bowl, then season. Make a well in the middle, then add the egg yolk and half the milk. Whisk until smooth, then gradually add the rest of the milk, then the butter and chives.
2. Whisk the egg whites until they start to stiffen, then fold into the batter.
3. To cook, lightly grease the bottom of the air fryer, then pipe or place small spoonfuls of the batter in and cook for 2-3 minutes on each side until golden.
4. Assemble the blini by placing some smoked salmon and sour cream on top, then finish with some chives.

PER BLINI:

Calories: **251,** Fat **10.9g,** Saturates **5.1g,** Carbohydrate **21.5g,** Sugars **2.1g,** Fibre **0.8g,** Protein **15.8g,** Salt **0.3g**

Proscuitto-wrapped cod with butter beans

By Fern Green

Serves **2** | *Prep* **5 mins** | *Cook* **20 mins**

- 2 x 150g (5½oz) cod fillets, or other white fish fillet
- 4 slices of prosciutto
- ½ a lemon
- 400g (14oz) tinned white beans, drained
- 4 sprigs of rosemary
- 2 garlic cloves
- 40g (1½oz) sun-dried tomatoes
- ½ tbsp red wine vinegar
- 125g (4½oz) baby spinach
- olive oil

1. Slice the garlic and pick off the rosemary. Finely chop. Add 1 tbsp oil to the air fryer rack or to a tray. Cook the garlic and rosemary in the air fryer for 180°C/360°F for 4 minutes until the garlic is lightly golden.
2. Chop the sun-dried tomatoes and mash with the back of a fork. Spread on top of each cod fillet, then wrap each fillet with prosciutto, tucking a rosemary sprig in each.
3. Add the beans to the garlic and rosemary, half the juice from the beans tin and the red wine vinegar. Season. Lay the cod on top and air fry for 8 minutes until the prosciutto is crispy and the fish is cooked through.
4. Remove the fish, then add the spinach and air fry for 40 seconds. Stir through the beans and spoon half onto each plate. Lay the fish on top and drizzle with a little olive oil.

PER SERVING:

Calories: **248,** Fat **3g,** Saturates **0.5g,** Carbohydrate **21.6g,** Sugars **0.1g,** Fibre **6.4g,** Protein **33.7g,** Salt **1g**

Healthy Eating

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Gochujang glazed hash browns

By Niki Behjousiar for Kitchen Square
(**www.kitchensquare.co.uk**)

Makes **12-15** | *Prep* **5 mins** | *Cook* **15 mins**

12-15 hash browns, fresh or frozen

FOR THE GLAZE

2 tbsp gochujang sauce
1 tbsp sesame seed oil
1 tbsp apple cider vinegar
2 tbsp maple syrup
2 tbsp white sesame seeds, plus extra to garnish

1. Preheat the air fryer to 140°C/280°F.
2. In the stainless steel mixing bowl, mix all the glaze ingredients together, then set aside.
3. In the stainless-steel colander, add the hash browns and air fry according to the packet instructions.
4. Pop the cooked hash browns into the gochujang glaze and, using two forks, coat each one thoroughly. Sprinkle with extra sesame seeds and serve warm.

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www.lakeland.co.uk

AIR FRYER PACKED LUNCHES

Say goodbye to the mundane sandwich and packet of crisps in your lunchbox and instead allow the air fryer to bring fresh and exciting ideas to make it a memorable midday snack…

Chicken tenders

Crispy and flavourful chicken strips are a great lunch option that can be served with your favourite dipping sauce.

Courgette boats

Fill courgette halves with a mixture of minced chicken, quinoa, cheese and seasonings and air fry until the courgette is tender and the filling is cooked through.

Falafel salad

Enjoy a protein-packed salad with crispy air-fried falafel, fresh greens, cherry tomatoes, cucumbers and a tasty dressing.

Cauliflower bites

Spicy and tangy cauliflower bites make for a delicious and guilt-free lunch option.

Pizza

Air fry a pre-made or homemade pizza crust with your choice of toppings for that 'fakeaway' lunchtime snack.

Stuffed peppers

Make a filling and nutritious lunch by stuffing peppers with a mixture of quinoa, black beans, sweetcorn and cheese, then air fry until perfectly cooked.

Coconut prawns

Create crunchy air-fried coconut prawns and serve with a side of sweet chilli sauce for a tasty and adventurous lunch option.

Spring rolls

Enjoy crispy rolls filled with your favourite veggies and serve with a dipping sauce for a light and satisfying lunch.

Empanadas

Savoury and crispy empanadas are a great option for lunch and can be filled with your choice of meat, cheese or veggies.

Falafel wrap

Keep it healthy with a homemade falafel wrap that is crispy on the outside and filled with fresh veggies, tahini and hummus.

Chicken quesadilla

Make a cheesy quesadilla by air frying a tortilla filled with cooked chicken, cheese and veggies until crispy and melted.

Stuffed mushrooms

Stuffed mushrooms are a great option for a light and satisfying lunch that can be easily reheated in the air fryer. Try filling them with cheese and peppers.

All images: stock.adobe.com

Fruity goodness!

Blueberry RECIPES

This superfood adds a wide variety of benefits to any dish – they taste fantastic too...

BLUEBERRY BABKA – P103

Recipe and photo © Stockfood, The Food Media Agency

Peach and blueberry pie

Serves **6-8** | *Prep* **15 mins** | *Cook* **20-25 mins**

150g (¾ cup) crème fraîche
2 tbsp lemon juice
1 free-range egg
80g (⅓ cup) caster/superfine sugar
1 tbsp custard powder
40g (¼ cup) black sesame seeds
1 pack of ready-rolled puff pastry
250g (1¼ cups) blueberries
2-3 peaches, stoned, sliced
1 free-range egg white
40g (¾ cup) flaked almonds
1 mint sprig, to garnish

1 Mix the crème fraîche with the lemon juice, egg, 50g (¼ cup) sugar and the custard powder until smooth.

2 Sprinkle half the sesame seeds on a piece of baking paper. Lay the puff pastry on top, sprinkle with the remaining seeds, then gently roll out, pressing the sesame seeds in.

3 Preheat the air fryer to 200°C/400°F.

4 Place the pastry, with the paper, in a 20cm (8in) pie dish or similar baking dish, allowing the pastry to overhang the edges. Spread with the crème fraiche mixture and top with blueberries and peach slices.

5 Fold the pastry edges over and trim off any excess baking paper. Brush the pastry edge with egg white, sprinkle with the remaining sugar and cover with flaked almonds.

6 Place in the air fryer basket and cook for 20-25 minutes until golden brown. Serve warm or cooled, garnished with mint.

PER SERVING:

Calories: **336,** Fat **20.5g,** Saturates **5.5g,** Carbohydrate **31.5g,** Sugars **16.2g,** Fibre **3.1g,** Protein **9.4g,** Salt **0.1g**

Blueberry scones with cinnamon sugar

Makes **12-16** | *Prep* **15 mins** | *Cook* **10-15 mins** *per batch*

- 2 tbsp softened butter
- 50g (¼ cup) brown sugar
- 1 free-range egg yolk
- 350g (2¾ cups) plain/all-purpose flour
- 1 tsp ground cinnamon
- 2 tsp baking powder
- 250ml (1 cup) buttermilk
- 100g (1 cup) blueberries
- 2 tbsp double/heavy cream
- 3 tbsp brown or cinnamon sugar

TO SERVE

- clotted cream
- jam

1. Beat the butter with the brown sugar and egg yolk until well combined. Sift over the flour with the cinnamon and baking powder, then stir in the buttermilk. Briefly knead the mixture into a dough on a floured surface.
2. Carefully work in the blueberries. Press the dough flat to about 2cm (¾in) thick and cut out 5cm (2in) circles. Reuse the dough offcuts in the same way, taking care not to overwork the dough.
3. Preheat the air fryer to 180°C/360°F.
4. Place 4-6 scones, spaced apart, on a piece of baking paper. Brush with cream and place in the basket or on the grill rack of the air fryer. Cook for 10-15 minutes until golden brown. Repeat with the remaining scones.
5. Sprinkle with sugar and allow to cool on a wire rack. Serve with clotted cream and jam.

PER SCONE:

Calories: **134,** Fat **2.8g,** Saturates **1.6g,** Carbohydrate **24.2g,** Sugars **7g,** Fibre **0.8g,** Protein **3.1g,** Salt **trace**

Recipe and photo © Stockfood, The Food Media Agency

Recipe and photo © Stockfood, The Food Media Agency

Blueberry babka

Makes **10 slices** | *Prep* **25 mins** *plus proving* | *Cook* **25 mins**

- 400g (1¾ cups) plain/all-purpose flour, plus extra for dusting
- 7.5g fast-action dried yeast
- 60g (¼ cup) caster/superfine sugar
- 200ml (⅞ cup) lukewarm milk
- 1 free-range egg
- 60g (¼ cup) softened butter, plus extra for greasing
- 300g (1½ cups) blueberries
- 40g (¼ cup) brown sugar
- 1 tbsp custard powder
- 1 free-range egg yolk
- 1 tbsp double/heavy cream
- 2 tbsp chopped almonds
- icing/powdered sugar, for dusting

1 For the dough, sift the flour into a bowl and stir in the yeast and sugar. Add the milk, egg and butter and mix to a smooth dough. Knead until the dough is smooth and elastic. Cover with oiled clingfilm and leave to rise for 1 hour until doubled in size.

2 Divide the dough into quarters, shape each piece into a ball on a floured surface, then cover with a clean tea towel and leave to rest for about 15 minutes.

3 For the filling, mix the blueberries, brown sugar and custard powder together. Grease a 20cm (8in) loaf tin with butter.

4 Roll out each piece of dough on a floured surface to make 8x24cm (3x9in) rectangles. Sprinkle the berries on two of the rectangles and cover with the remaining dough. Press gently and twist the two pieces of dough around each other. Place in the tin and cover. Leave to rise for another 15 minutes.

5 Preheat the air fryer to 180°C/360°F.

6 Mix the egg yolk and cream together and brush over the dough. Sprinkle with almonds and place in the air fryer basket, then cook for 25 minutes until golden brown and risen.

7 Allow to cool slightly, remove from the tin, then cool completely on a wire rack. Dust with icing sugar to serve.

PER SLICE:

Calories: **284,** Fat **7.7g,** Saturates **4.2g,** Carbohydrate **48.1g,** Sugars **15.5g,** Fibre **2.2g,** Protein **6.3g,** Salt **0.1g**

Indulgent!

Sweet treats

RECIPES

Reward yourselves with something a little bit special...

CRUNCHY COATED ICE CREAM BALLS – P107

Speedy pantry peach cobbler

By Clare Andrews

Serves **4** | *Prep* **10 mins** *plus resting* | *Cook* **22 mins**

- 80g (⅔ cup) plain/all-purpose flour
- 60g (¼ cup) caster/superfine sugar
- 1½ tsp baking powder
- 80ml (⅓ cup) whole milk
- 1 tsp vanilla extract
- 2 tbsp butter, roughly diced
- 10-12 tinned peach halves in juice, drained (you'll need to use 2 x 400g (14oz) tins, with a couple of halves leftover)
- demerara sugar, to sprinkle (optional)
- vanilla ice cream or custard, to serve (optional)

1 First, mix up the batter as it needs to rest for a few minutes. Put the flour, sugar and baking powder in a mixing bowl and whisk in the milk and vanilla extract until you have a smooth batter. Set aside.

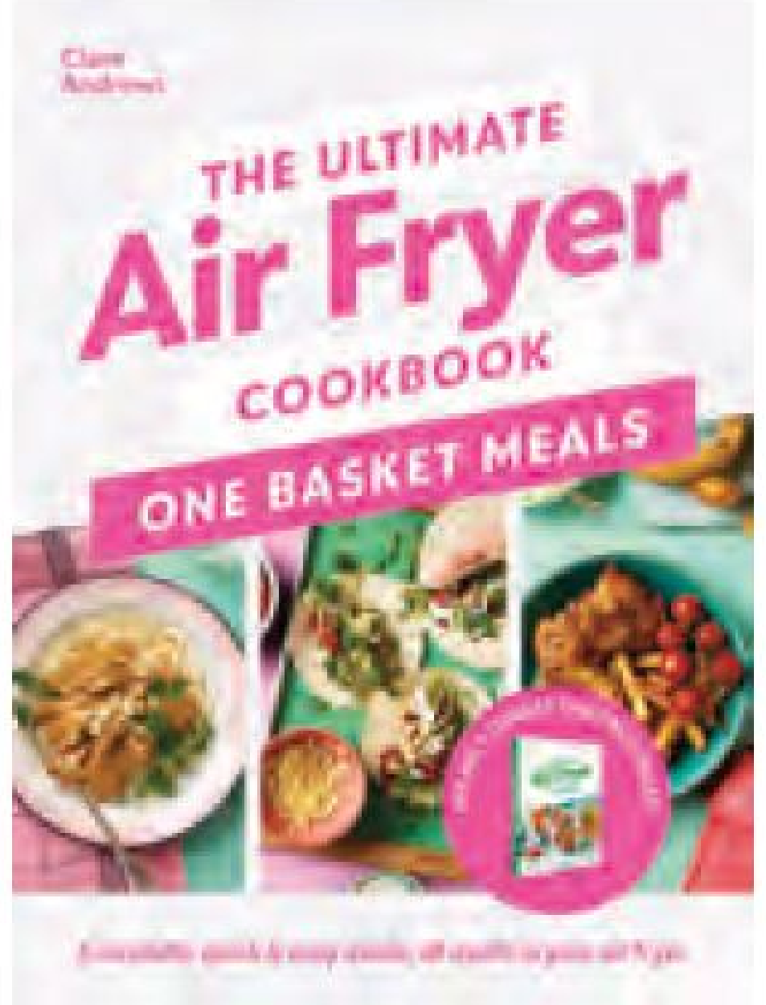
2 Put the butter in a glass or ceramic baking dish as wide as possible that will still fit in your air fryer. Add the drained peaches and pop the dish in the air fryer. Cook at 200°C/400°F for 5 minutes, to melt the butter and get the dish and the peaches hot (this will help cook the batter from below).

3 Once the 5 minutes are up, give the peaches and butter a quick stir, then dollop the batter into the dish in spoonfuls, spreading it out over the dish. You want a cobbled effect, so you should be able to see some peach between each dollop and it's not a solid pool of batter on top.

4 Turn the temperature down to 160°C/320°F and cook for 16-17 minutes, until the batter is cakey, risen and golden on top and the peaches are meltingly soft.

5 Sprinkle a little demerara sugar over (or just leave it as is), then serve with ice cream or custard, if desired.

Recipe taken from *The Ultimate Air Fryer Cookbook: One Basket Meals* by *Clare Andrews*, published by Michael Joseph, £11.



PER SERVING:

Calories: **292,** Fat **6.9g,** Saturates **4.1g,** Carbohydrate **56.2g,** Sugars **35.2g,** Fibre **2.1g,** Protein **3.4g,** Salt **0.1g**

Cinnamon ginger apple chips

By Fern Green

Serves **4** | *Prep* **5 mins** | *Cook* **20 mins**

- 2 apples, cored
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground allspice
- ½ tsp ground cardamon
- olive oil spray
- yoghurt and honey to dip (optional)

1 Using a mandolin or knife, slice the apples horizontally into 2mm thick rings. Combine the spices in a small bowl.

2 Lightly coat the apple rings with cooking spray, then toss in the spice mixture until coated. Work in batches as they need to be laid in the air fryer in a single layer.

3 Cook the chips at 150°C/300°F for 20 minutes. Remove from the air fryer and leave to cool, where they will completely crisp up. Serve with yoghurt or honey for dipping, if desired.

PER SERVING:
Calories: **53,** Fat **0.7g,** Saturates **0.1g,** Carbohydrate **13g,** Sugars **9.5g,** Fibre **2.4g,** Protein **0.8g,** Salt **trace**

Shortbread hearts

By Lakeland (www.lakeland.co.uk)

Makes **6-8** | *Prep* **35 mins** *plus chilling* | *Cook* **12 mins**

- 150g (1¼ cups) plain/all-purpose flour, plus extra for dusting
- 100g (½ cup) butter, chilled, cubed
- 50g (¼ cup) caster/superfine sugar, plus extra for sprinkling

1 Put the flour, butter and sugar into a mixing bowl, then use your hands to combine the ingredients until the mixture looks like breadcrumbs. Squeeze until it comes together as a dough. Chill for 20 minutes.

2 Preheat the air fryer to 160°C/320°F. On a lightly floured surface, use a rolling pin to roll out the dough 5mm (¼in) thick. Cut the dough into heart shapes and sprinkle with the remaining caster sugar.

3 Cook the biscuits in the air fryer for 12 minutes or until golden brown. Remove from the air fryer and leave to cool on the tray for 10 minutes.

PER SHORTBREAD:
Calories: **324,** Fat **24.2g,** Saturates **15.1g,** Carbohydrate **24.8g,** Sugars **10.5g,** Fibre **0.5g,** Protein **2.8g,** Salt **0.1g**

Crunchy coated ice cream balls

By Waitrose & Partners (www.waitrose.com)

Serves **6** | *Prep* **15 mins** *plus chilling* | *Cook* **4 mins**

500g (1lb 1oz) Waitrose Madagascan Vanilla Ice Cream

175g (6oz) digestive biscuits

1½ tsp ground cinnamon

2 free-range eggs

2 tsp whole milk

unflavoured spray oil (such as sunflower)

salted caramel, fudge, chocolate or other sauce, to serve

1 Place a baking tray in the freezer to chill for 10 minutes. Line the tray with a sheet of baking parchment. Working quickly, scoop the Madagascan ice cream into six balls and place onto the prepared tray. Return to the freezer for 1 hour until firm

2 Crush the biscuits into a fine powder in a food processor or large bowl using the end of a rolling pin. Mix in the cinnamon. Working one ball at a time, roll the ice cream in the crushed crumbs to coat, shaking off any excess. Return to the tray and freeze for another hour, or until firm. Keep the remaining crumbs.

3 Whisk the eggs and milk together in a bowl. Again, working quickly and one at a time, roll the balls in the egg mixture, then in the remaining crushed crumbs to coat evenly. Return to the tray and freeze for at least 6 hours, or preferably overnight, until very firm.

4 When ready to cook, line the air fryer with a piece of baking parchment and preheat to 200°C/400°F. Depending on the size of your air fryer, you may need to cook in batches, as overcrowding the basket may cause the ice cream to melt. Remove the balls from the freezer, spritz with the spray oil and quickly place into the air fryer basket, two at a time if necessary. Cook for 2 minutes, then serve immediately, drizzled with your favourite ice cream or dessert sauce.

PER SERVING:

Calories: **565,** Fat **23.1g,** Saturates **9.3g,** Carbohydrate **73.9g,** Sugars **52.2g,** Fibre **3.1g,** Protein **15.7g,** Salt **0.3g**

Cinnamon swirls

By David and Stephen Flynn

Makes **8** | *Prep* **20 mins** | *Cook* **18-20 mins**

FOR THE DOUGH

200g (1¼ cups) self-raising flour

35g (⅓ cup) icing/powdered sugar

¼ tsp salt

80g (⅓ cup) cold vegan butter, cut into cubes, plus extra for greasing

100ml (½ cup) oat milk

FOR THE CINNAMON FILLING

2 tbsp vegan butter

90g (½ cup) brown sugar

1 tsp ground cinnamon

FOR THE CREAM CHEESE ICING

4 tbsp vegan cream cheese

65g (¼ cup) icing/powdered sugar

¼ tsp vanilla extract

1 tsp oat milk

1 Preheat the air fryer to 160°C/320°F. Grease and line a 2lb (900g) loaf tin.

2 For the dough, add the self-raising flour, icing sugar and salt to a mixing bowl and stir together. Add the butter, then use your fingers to rub the butter into the flour mixture until it looks like damp sand or breadcrumbs. Stir in the milk. Using your hands or a wooden spoon, bring the dough together into a rough ball. Coat the dough in a little flour so it is easy to handle. Dust your work surface with flour, place the dough on it and knead for 2-3 minutes. Using a rolling pin, roll out into a 45x30cm (17x12in) rectangle.

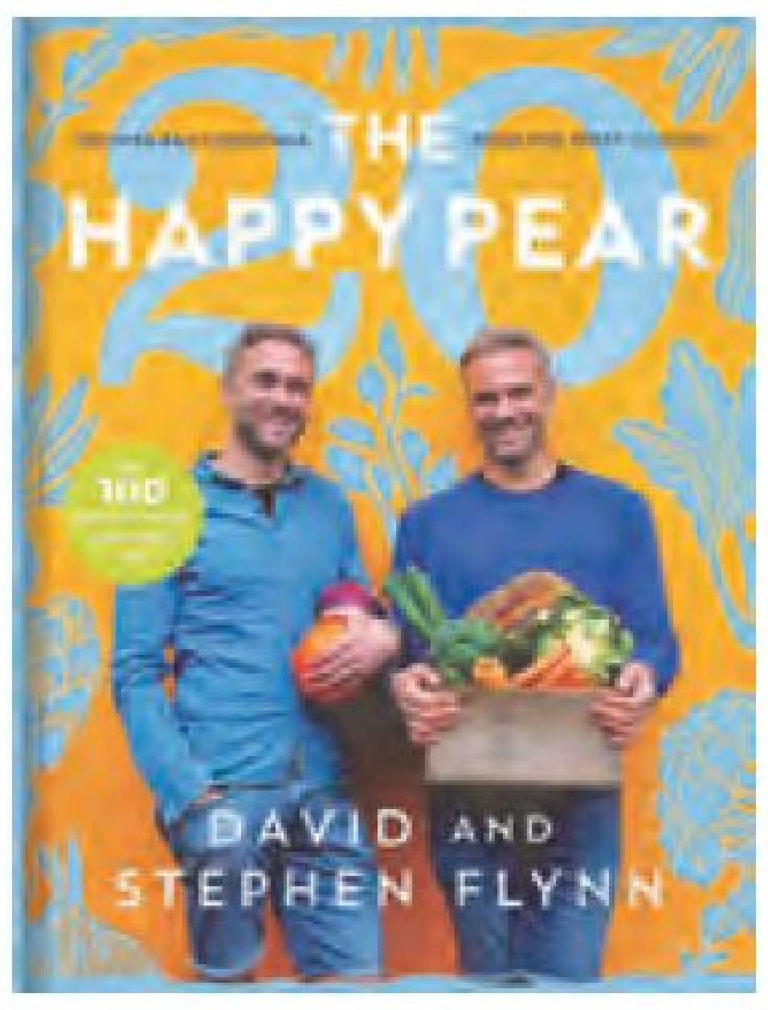
3 For the filling, melt the butter. In a separate bowl, mix the cinnamon and sugar together. Using a pastry brush, spread the melted butter over the dough, bringing it right to the edges, then sprinkle over the cinnamon sugar as evenly as you can.

4 Starting at the long end of the rectangle, roll the dough up tightly into a log. Cut the log in half, then halve both pieces, then halve each remaining piece – you should have eight evenly-sized swirls. Place them in the loaf tin face up, so you can see the cinnamon layers.

5 Place the loaf tin into the air fryer and cook for 18-20 minutes.

6 Meanwhile, for the icing, place the cream cheese in a bowl, then add the icing sugar, vanilla and milk. Use a fork to break it down and stir until smooth and super creamy.

7 When the rolls are ready, remove from the air fryer and drizzle the glaze over the top. They'll keep for 2-3 days in an airtight container.



Recipe taken from *The Happy Pear 20: Learnings and recipes from the first 20 years* by *David and Stephen Flynn*, published by Gill Books, £23.99.

PER CINNAMON SWIRL:

Calories: **307,** Fat **13.5g,** Saturates **8.4g,** Carbohydrate **43.4g,** Sugars **24.2g,** Fibre **0.8g,** Protein **3.6g,** Salt **0.7g**

Pineapple fritters with rum caramel sauce

By Dorling Kindersley

Serves **6** | *Prep* **20 mins** *plus cooling* | *Cook* **25 mins**

50g (½ cup) cornflour/cornstarch

70g (½ cup) plain/all-purpose flour

35g (½ cup) desiccated/dried unsweetened shredded coconut

120ml (½ cup) sparkling water

2 tbsp caster (superfine) sugar

1 pineapple, trimmed, cut into batons

vegetable oil cooking spray

toasted coconut, to serve

FOR THE RUM CARAMEL SAUCE

200g (1 cup) caster/superfine sugar

120ml (½ cup) double/heavy cream

3 tbsp unsalted butter

2 tbsp rum

1 tsp flaked sea salt

1 First, make the rum caramel sauce. Place the caster sugar in a wide heavy-based pan and add 3 tbsp water around the edge of the pan. Place on a medium heat and, as the sugar starts to melt, swirl the pan. Do not stir the sugar, as it can cause sugar crystals to form, resulting in a lumpy caramel. Keep swirling the pan until the sugar turns a deep golden brown; it will be bubbling and starting to gently smoke.

2 At this point, turn off the heat and pour the cream into the pan, being careful as the caramel will bubble and spit. Once the mixture has calmed slightly, swirl the pan again, then add the butter, rum and sea salt. Use a whisk to combine. Leave the caramel to cool in the pan for 10-15 minutes before pouring into a heatproof container. Set aside.

3 Whisk the cornflour, plain flour, desiccated coconut, sparkling water and sugar in a bowl until all the flour is absorbed.

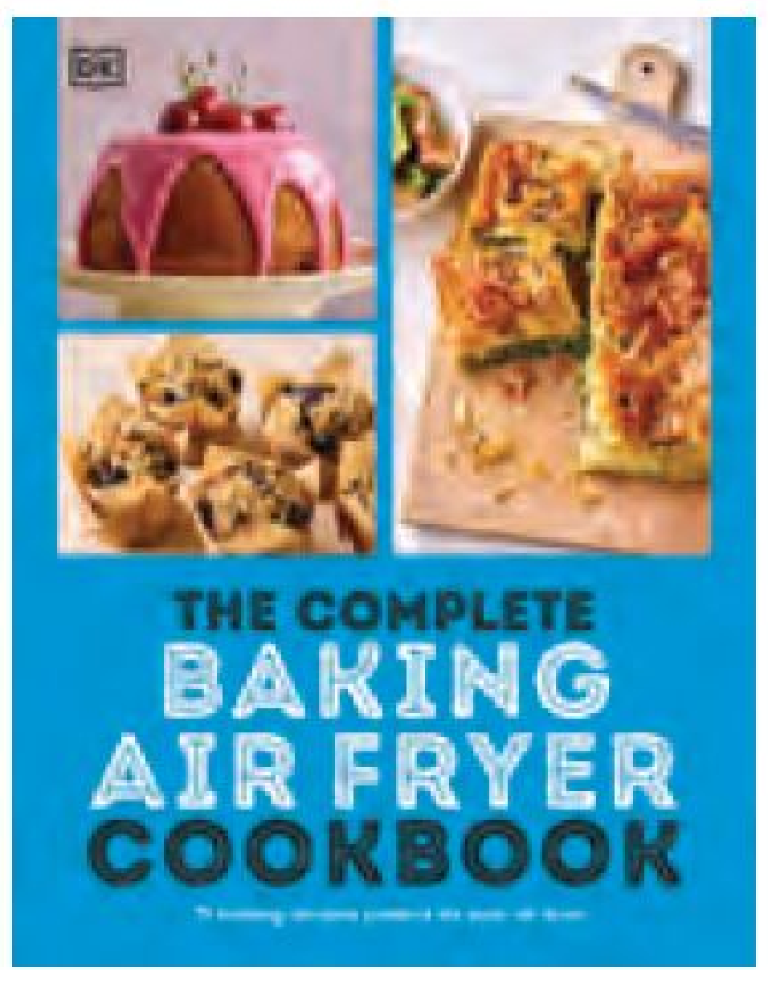
4 Preheat the air fryer to 200°C/400°F for 3 minutes and line an air fryer basket with greaseproof paper.

5 Toss chunks of pineapple in the batter to coat on all sides. Using tongs, lift the slices of pineapple into the lined air fryer basket, leaving 5cm (2in) between each piece.

6 Cook for 8 minutes, then spray with oil and bake for a further 2-4 minutes until starting to golden. Remove the fritters from the basket and coat in the rum caramel.

7 Place on a serving platter, sprinkle with toasted coconut, then serve with extra caramel sauce.

Recipe taken from *The Complete Baking Air Fryer Cookbook: 75 Baking Recipes Perfect for Your Air Fryer* by *Dorling Kindersley*, photography by *Tony Briscoe*, published by DK, £16.99.



PER SERVING:
Calories: **383,** Fat **13.7g,** Saturates **8.8g,** Carbohydrate **62g,** Sugars **43.3g,** Fibre **1.6g,** Protein **2.3g,** Salt **0.4g**

Double-decker brownie cookie squares

By Dorling Kindersley

Makes **12** | *Prep* **20 mins plus cooling** | *Cook* **25 mins**

FOR THE COOKIE DOUGH

80g (⅓ cup) unsalted butter, softened

80g (⅓ cup) soft light brown sugar

1 large free-range egg, beaten

1 tsp vanilla extract

120g (scant 1 cup) plain/all-purpose flour

½ tsp baking powder

½ tsp bicarbonate of soda/baking soda

1 tsp sea salt

150g (1 cup) milk chocolate chips

FOR THE BROWNIE BATTER

100g (3½oz) dark/bittersweet chocolate, roughly chopped

60g (¼ cup) unsalted butter, cubed

80g (⅓ cup) soft light brown sugar

1 large free-range egg, beaten

½ tsp salt

2 tbsp plain/all-purpose flour, sifted

150g (1 cup) white chocolate chips

1 For the cookie dough, beat the butter and sugar with a wooden spoon, then mix in the egg and vanilla. Sift in the flour and raising agents, then add the salt. Mix until smooth, then fold in the chocolate chips.

2 Scrape the dough into a 20cm (8in) lined brownie tin, pressing it in evenly. Place in the fridge while you make the brownie.

3 For the batter, melt the chocolate and butter in a small heatproof bowl set over a pan of simmering water, stirring. Remove from the heat and check the temperature of the mixture: it should be warm, not hot (if it's hot, let it cool for 5 minutes).

4 Whisk the sugar and egg together in a mixing bowl, then pour in the warm chocolate-butter mixture. Whisk until combined. Add the salt and flour, then fold through with a spatula. Fold in the chocolate chips.

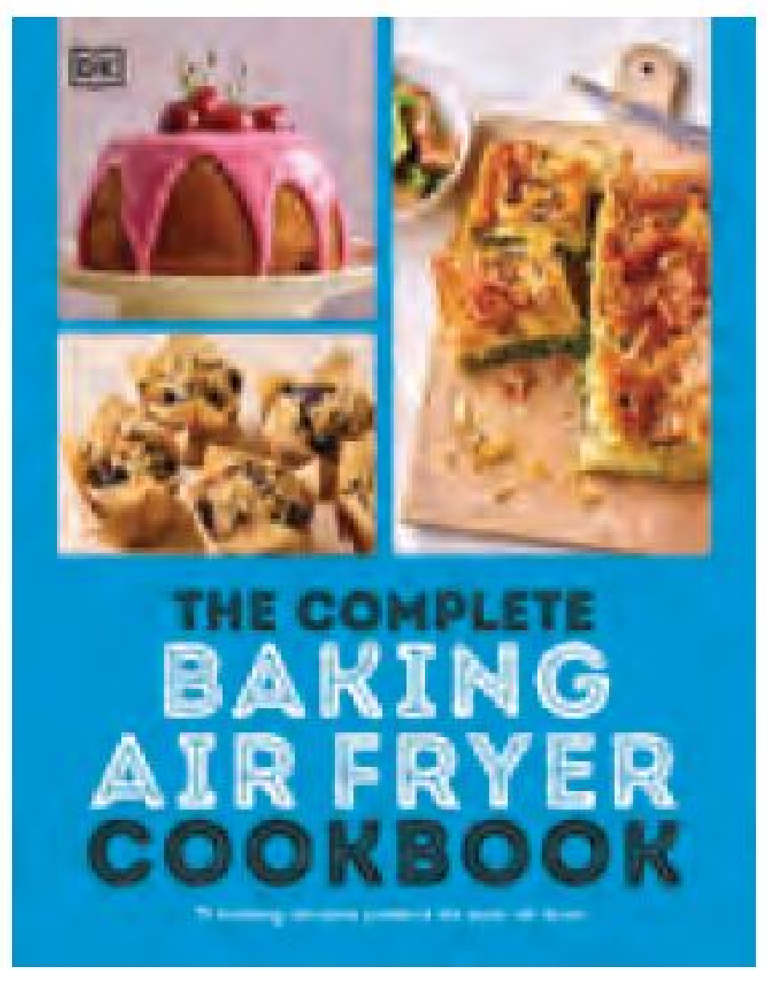
5 Preheat the air fryer to 180°C/350°F and remove the tin from the fridge.

6 Cook in the air fryer for 10 minutes. Tap on the surface to deflate the dough, then pour over the brownie batter, and smooth it with a spatula. Cook for a further 14 minutes until it has a crisp crust, but a slight wobble. Cool in the tin on a wire rack, then put in the fridge to chill for 2-3 hours.

7 Once set, remove from the tin and cut into squares.

***TIP:** It will keep for up to 5 days in an airtight container in the fridge.*

Recipe taken from *The Complete Baking Air Fryer Cookbook: 75 Baking Recipes Perfect for Your Air Fryer* by *Dorling Kindersley*, photography by *Tony Briscoe*, published by DK, £16.99.



PER BROWNIE:
Calories: **349,** Fat **18.7g,** Saturates **11.1g,** Carbohydrate **40.6g,** Sugars **28.9g,** Fibre **1.7g,** Protein **5.1g,** Salt **0.4g**

Blackberry and apple crumble

By Waitrose and Partners (www.waitrose.com)

Serves **6** | *Prep* **15 mins** *plus chilling* | *Cook* **1 hour**

1kg (2lb 5oz) Bramley apples (about 4-6), peeled, cored, cut into 2cm (¾in) chunks

200g (7oz) blackberries

50g (¼ cup) caster/superfine sugar

finely grated zest and juice of ½ a lemon

vanilla ice cream, custard or double cream, to serve

FOR THE CRUMBLE

150g (1¼ cups) plain/all-purpose flour

100g (½ cup) chilled unsalted butter, cubed

75g (⅓ cup) caster/superfine sugar

50g (½ cup) porridge oats

½ tsp ground cinnamon

1. First, make the crumble. In a medium bowl, use your fingertips to gently rub all the ingredients together until evenly combined (you'll have mostly small chunks with a few larger ones), then chill in the fridge for 15 minutes.
2. Put the apple chunks and blackberries in the base of the air fryer basket (without the rack). Toss through the sugar, lemon zest and juice and 2 tbsp water with a pinch of salt; spread out evenly.
3. Scrunch the chilled crumble mix together, then loosely scatter over the fruit to cover (this will help give you different-sized crumble pieces). Air fry at 180°C/360°F for 1 hour, covering with foil after 25 minutes if needed, until golden and well cooked and the fruit is very tender and piping hot.
4. Serve immediately with ice cream, custard or cream.

PER SERVING:

Calories: **458,** Fat **14.1g,** Saturates **8.2g,** Carbohydrate **80g,** Sugars **47g,** Fibre **7.7g,** Protein **6.6g,** Salt **trace**

AirFryer COOKBOOK

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